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6D

JANUARY

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MONTHLY 6d.

# SANDOW'S MAGAZINE.

MONTHLY 6d.

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2—Gatwick (1)
5—Windsor (2)
8—Plumpton (2)
11—Birmingham (2)
13—Haydock Park (2)
15—Hurst Park (2)
18—Wolverhampton (2)
20—Manchester (2)
20—Wye (1)
22—Lingfield (2)
25—Windsor (2)
27—Gatwick (2)
29—Kempton Park (2)

### COURSING.

6, &c.—Altcar Club
12, 13—Monasterevan
14, &c.—Gravesend and Cliffe Clubs
21, &c.—South Essex Club
27, &c.—Ridgway Club

### CRICKET.

1 to 5—Second Test Match at Melbourne
18, 9[illegible]—England *v* Ballarat at Ballarat
15 to 19—Third Test Match at Adelaide
22, &c.—Tasmanian Tour

### HOCKEY.

1—Hampshire *v* Hockey Assn. at Southampton
1—Middlesex *v* Cheshire, in Middlesex
6—Surrey *v* Middlesex, in Surrey
16—Devon *v* Gloucester, at Exeter
16—Yorkshire *v* Cumberland, at Leeds
20—Kent *v* Middlesex, in Kent
23—Durham *v* Northumberland, in Durham
27—East *v* West Riding, in East Riding
27—Cambridge University *v* Herts, at Cambridge
30—North Wales *v* West Wales, at Wrexham
30—East *v* West Riding

### LACROSSE.

30—Middlesex *v* Cheshire, at Lords
30—Middlesex Reserves *v* Gloucestershire, at Bristol

### FOOTBALL (RUGBY).

2—R'mond *v* Fettesian Lorettonians at R'mond
2—Blackheath *v* Marlboro' Nomads at Blackh'th
4—Blackheath *v* Fettes Loretto at Blackheath
9—England *v* Wales at Leicester
9—Richmond *v* Marlboro' Nomads at Richmond
9—London Scottish *v* St. Thomas's Hospital at Richmond
9—Harlequins *v* Blackheath at Wandsworth
16—Cheshire *v* Yorkshire in Cheshire
16—Northumberland *v* Lancashire in Nort'mb'rl'd
16—Richmond *v* Northampton at Richmond
16—Blackheath *v* London Irish at Blackheath
20—Surrey *v* Kent at Richmond or Wandsworth Common
23—Durham *v* Northumberland in Durham
23—Cumberland *v* Yorkshire in Cumberland
23—Camb. Univer. *v* London Scottish at Camb.
23—Richmond *v* Blackheath at Richmond
27—Middlesex *v* East Midland in London
30—Richmond *v* Oxford Univer. at Richmond
30—Cardiff *v* Blackheath at Cardiff
30—Northampton *v* Camb. Univer. at North'pton

### FOOTBALL (ASSOCIATION).

23—London Charity Cup Final Tie
23—Lancashire *v* Leicestershire
28—London *v* Cambridge University in London
30—Middlesex Charity Cup Final Tie

### GOLF.

1—Glasgow Thistle: New Year Sweepstake and Special Prizes
1—Edinburgh Burgess Golfing Society: Stockbrokers' Cup & Special Prizes Handicap.
2—Royal Liverpool: Optional Subscription Prizes (Third Competition).
23—Ormskirk: "Prescott" Challenge Cup

### BILLIARDS.

1—2—C. Dawson *v* W. Cook at the Grand Hall, Leicester Square
4—16—C. Harverson *v* M. Inman at the Grand Hall, Leicester Square
18—30—H. W. Stevenson *v* (opponent not settled) at the Grand Hall, Leicester Sq.

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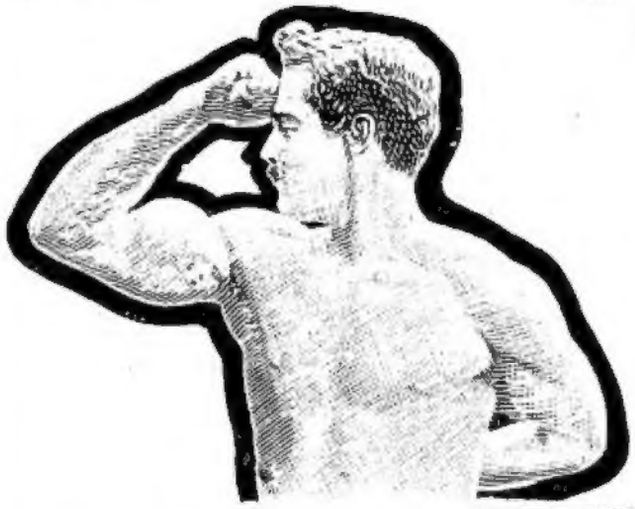

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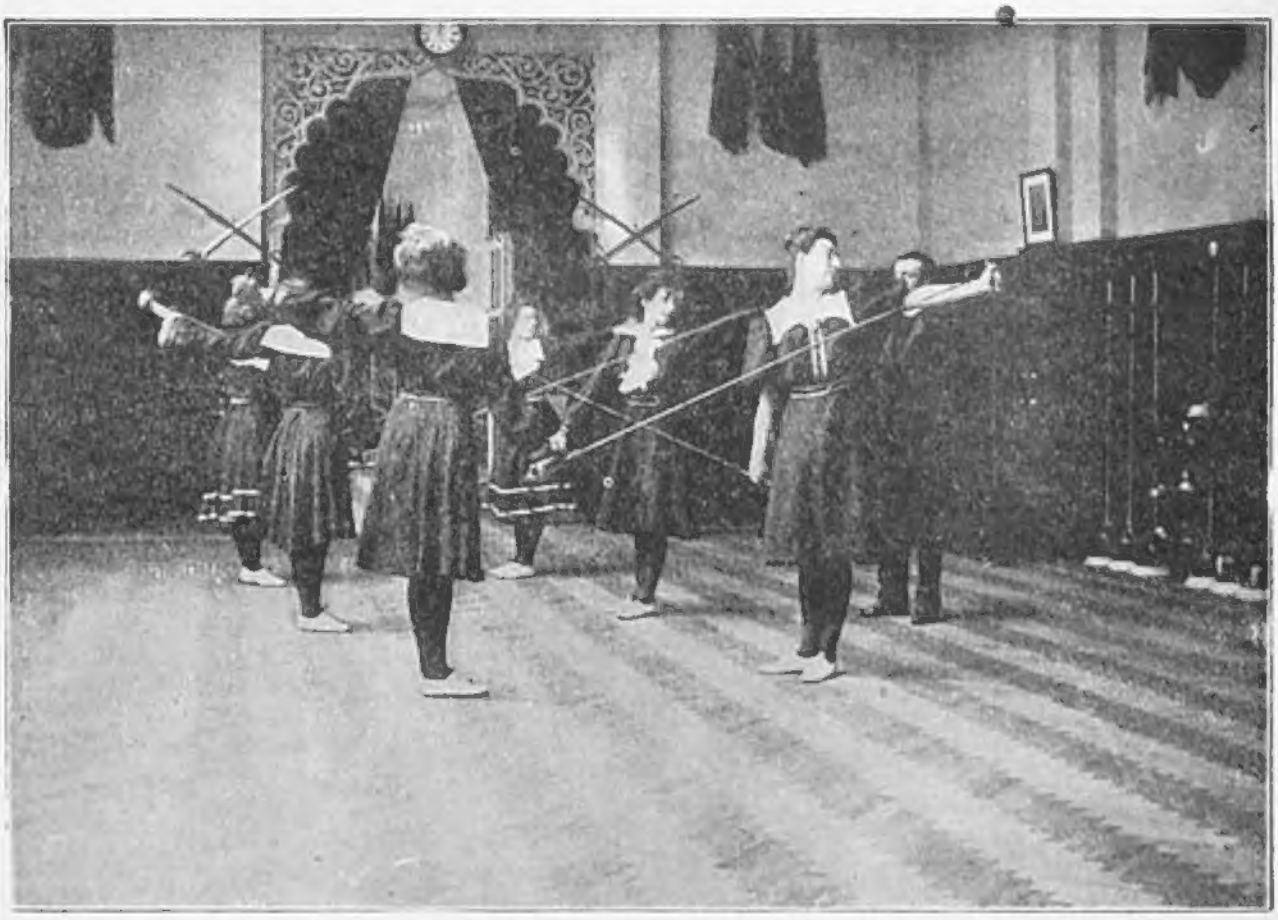

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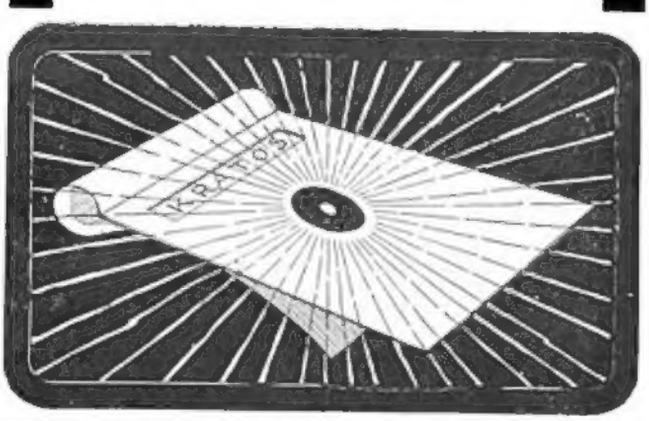

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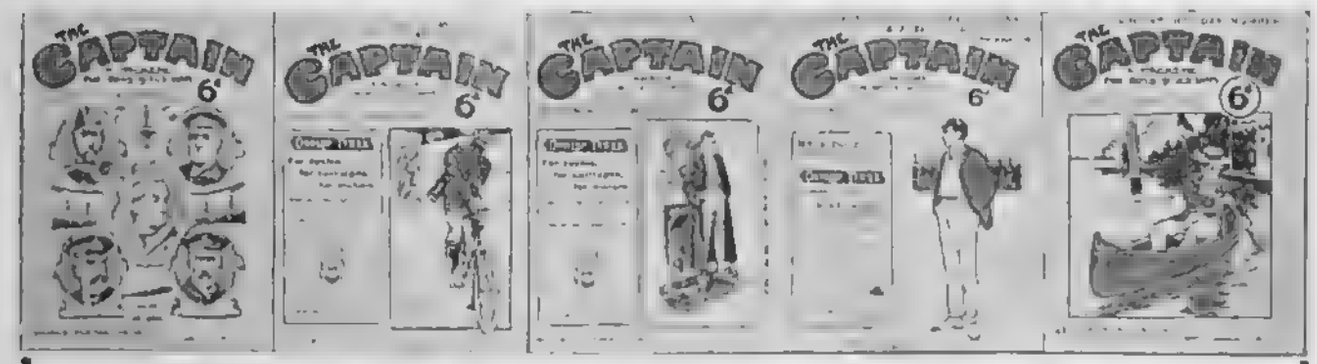


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*Fresh copy for advertisments must be sent in before the* 15*th of this month, or the advertisement will be printed as in the previous month.*

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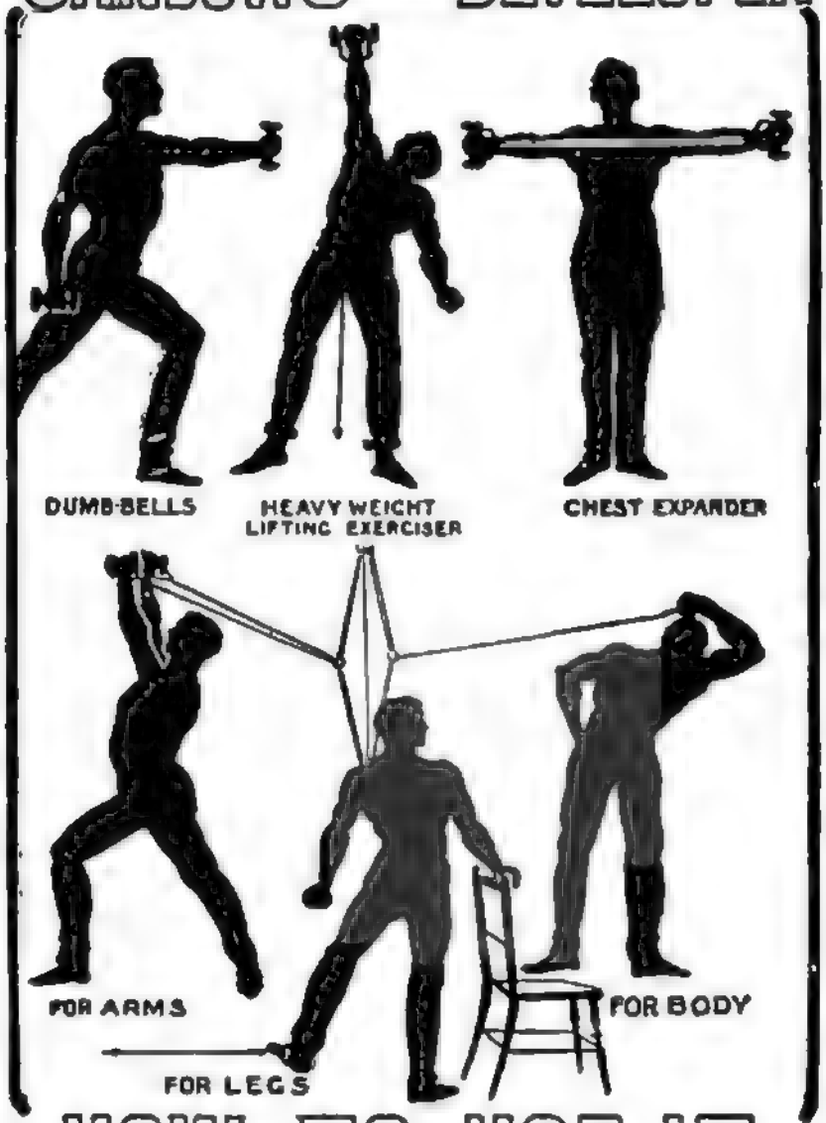


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IMPORTANT NOTICE RELATING TO MY POSTAL INSTRUCTION DEPARTMENT.

I regret having to announce that owing to the enormous mass of correspondence which inundates me day by day in connection with my Postal Instruction Department, I cannot possibly, under former conditions, give the necessary time and consideration to each individual application.

I have therefore decided, in common fairness, to limit prescriptions by post to what may be called

# CURATIVE PHYSICAL CULTURE.

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**WEAK LUNGS.**
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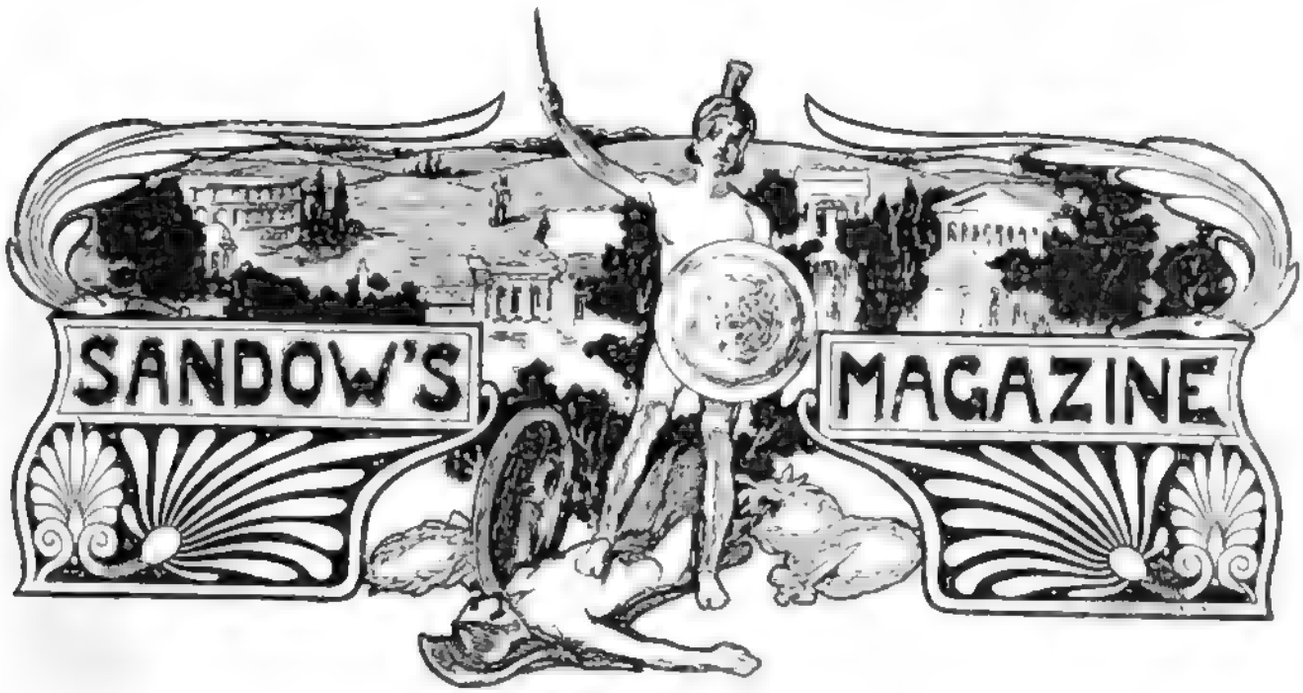
THE KNIGHT-ERRANT. (*Millais.*)

*Frontispiece.*]




OF
PHYSICAL CULTURE, SPORT, AND FICTION.

# Exercise.

EXERCISE is one of the primary essentials of existence from the lowest to the highest in animal life. And yet I am repeatedly met with expressions of surprise from men—and women, too—who come to me for advice, that although they may be working hard from morn till night, and at the close of their labours feel thoroughly worn out and exhausted, yet as a means to recuperation and relief I recommend them systematic exercise.

It is this which compels me to return to a subject which would appear to have been worn almost threadbare in these columns and elsewhere, but which I am convinced is one upon which sufficient cannot be said.

The common acceptance of the term "exercise" (*vide* Nuttall) is use; practice; the exertions and movements customary in the performance of business; exertion of the body, action, motion, by labour, walking, riding and other exertion; and habitual use of the limbs," and so on; but these do not show what exercise really is, and what I propose to explain as lucidly as possible in this brief article.

Taking "Murray," and the general acceptance of his delineation of the word "exercise," one might imagine that all branches have the same aim in view, viz., development, for each implies the supplying of a necessity of Nature on the basis of the accepted fact that "use" brings with it development, and that disuse is followed by degeneration.

But whilst the word may be applied to various themes, all of them arriving at the same result—exertion—when one considers, these are really various forms of exertion, all having their set object. Thus, for instance, there is exhausting exercise, recreative exercise, restful exercise (strange as it may seem, but it is nevertheless a fact) and curative exercise.

I will endeavour, to the best of my ability, to explain what is meant by these various forms of exercise.

Taking exhaustive or exhausting exercise first. This is really to what the term is generally applied, but it is a misnomer, for exercise becomes something else as soon as it becomes exhausting. There is then, the element of detriment to be dealt with. It is this element which is always present in the ordinary form of exercise by means of sports, etc., which makes them so undesir-

able as a means of bringing about a real improvement in the physical condition, for directly the body is called upon to withstand some abnormal strain, this latter must necessarily discount that part of the exercise which is expected to do good. As an example, and only one of many which might be quoted, I will cite cross-country running.

A man may be in the pink of condition, and think himself fully capable of undergoing the task of covering, say, six or seven miles at a good pace over uneven ground.

The first half of the journey he may accomplish with ease. Up to that time possibly the contact with the fresh air, together with the muscular effort engendered, may have done good.

But in the second part of the journey he becomes tired. He continues to plug along, unheedful of the consequences, all for the honour of his club. By [illegible] effort he goes on to the finish and then drops exhausted, with the result that all the good accomplished is undone, and the great strain on his system will undoubtedly require care and attention to bring about proper recuperation. In such an instance it cannot be said that exhaustive exercise is beneficial, and the same rule pervades the whole of the sporting curriculum.

Recreative exercise needs but a brief reference, inasmuch as its powers in the matter of development are of small value, the term applying chiefly to such sports as croquet, billiards, bowls, etc., all of which, however, in their small way, may be considered beneficial.

Restful exercise partakes somewhat of the Delsartian theory of "letting go." An admirable example of this is found in the man who has been sitting at his desk writing until thoroughly worn out, and the natural impulse for obtaining relief is to throw himself back in his chair, yawn, and stretch his limbs. His arms go up above his head and are extended to the fullest, by which means he obtains rest and relaxation, and is able to resume his labours benefited thereby.

We next come to what until quite recent years was scarcely thought of, and that is curative exercise; but of late this has developed into an important branch—in fact, I might almost term it the most important. Until a few years back it was generally thought that to cure the ills of the body one must in all cases have recourse to drugs. But this has now been proved a fallacy, and at the present time there are throughout the world thousands who can bear testimony to the fact that by the means of systematic curative exercise they have been able to rid themselves of ailments for which they had been treated medically without relief. I have had of late years innumerable proofs of the accuracy of this statement in the persons of those who have placed themselves under my care. It must not, however, be supposed for one moment that all the ailments that flesh is heir to can be successfully treated, although most of them, if attacked early enough, can be combated with; but there is nevertheless a very large percentage of the ills of the body which it is possible to alleviate, eradicate and prevent by exercise systematically applied.

It [illegible] some little time for curative exercise to ingratiate itself in the eyes of the public, but it has at last become an accepted fact that by building up a sound constitution, expanding the chest, developing the lungs, and strengthening the heart and digestive organs, the body must necessarily be fortified against disease, and many functional disorders removed. It goes without saying that there are ailments (hereditary, as a rule) which exercise will not influence, but it is the very fact of their being hereditary which makes a stronger claim upon the community at large to build up their systems to the proper standard, and so do away with that curse—hereditary disorders.

"THE SEA GAVE UP ITS DEAD."

(Lord Leighton.)

(From the Autotype Reproduction.)

# Physical Beauty in Art.

By C. LANG NEIL.

**Illustrated with Reproductions from the Autotype Co.'s Issues of Famous Pictures.**

WHAT a subject!

Its vastness, limited only by the length of time that our records stretch back through mediæval, Roman, Greek and Egyptian painters' and sculptors' handiwork, gives one pause.

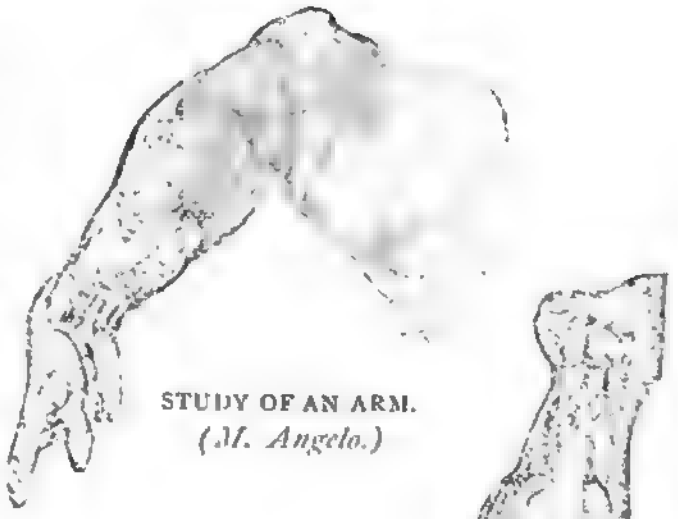
Where to begin? How to treat of it in the small space of a series of magazine articles? Such are the thoughts that flash through the mind on approaching the task of reviewing the ideals of physical manhood and physical womanhood depicted by that class, above all others fitted to form and convey to the rest of mankind true opinions as to what may be most beautiful and most to be desired in the "human form divine."

To the physical culturist, who regards

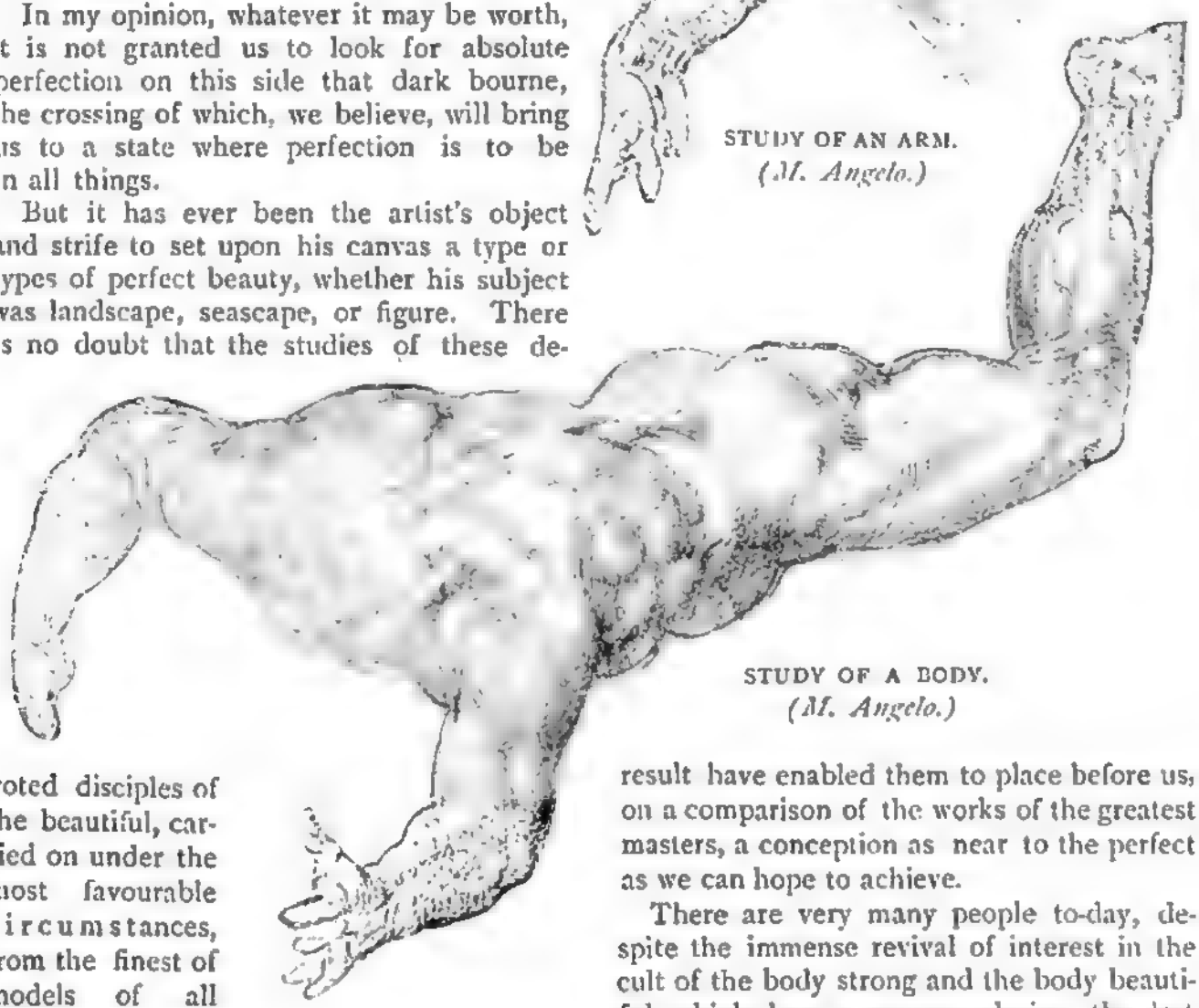
the development of the body to the highest point possible in a nobler light than that of mere muscle making, or a stepping-stone to the lifting of weights, no apology will be needed in introducing the theme, for, to him, it must, of its very nature, be of superlative interest.

In my opinion, whatever it may be worth, it is not granted us to look for absolute perfection on this side that dark bourne, the crossing of which, we believe, will bring us to a state where perfection is to be in all things.

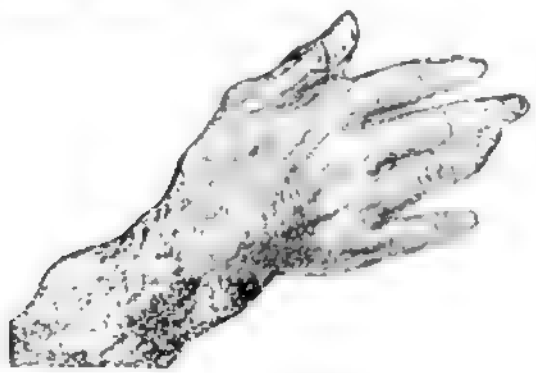
But it has ever been the artist's object and strife to set upon his canvas a type or types of perfect beauty, whether his subject was landscape, seascape, or figure. There is no doubt that the studies of these devoted disciples of the beautiful, carried on under the most favourable circumstances, from the finest of models of all countries and all times, must as a result have enabled them to place before us, on a comparison of the works of the greatest masters, a conception as near to the perfect as we can hope to achieve.



STUDY OF AN ARM.
*(M. Angelo.)*



STUDY OF A BODY.
*(M. Angelo.)*



STUDY OF A HAND.
*(M. Angelo.)*

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There are very many people to-day, despite the immense revival of interest in the cult of the body strong and the body beautiful which has sprung up during the last twenty years, and towards the fostering of which no man has done more than he whose name gives a title to this magazine—there are very many, I repeat, who sneer at the idea of our bodies being worth the small trouble and the short time devoted to their improved development.

To such, surely, it should be a startling and convincing statement that the great majority of the world's master painters, from time immemorial, in seeking to discover means and vehicles to display the highest beauty, with a world and all its forms of still and active life to choose from, have selected the human figure

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THE READING MAGDALEN. *(Correggio.)*

Note the strong similarity of the two Magdalens. One hundred years separated the lives of the two artists.

as the most lovely subject for their brush or chisel.

And what wonder! Was it not fashioned in the likeness of God Himself?

In these papers I shall not look further back than to that glorious band of men whose work formed the climax of the Renaissance of Art, hoping at some future time to have the opportunity of admiring and discussing with my readers the works of the earlier Greek and Roman periods.

Here, at the outset, I would acknowledge my indebtedness for many points of interest to "Bell's Miniature Series of Painters," which are most interesting little works on the lives and pictures of the greatest artists; and to any who may desire a further acquaintance than is possible from my cursory sketches, they cannot do better than refer to this series, the price of which brings them within the reach of all.

It is a popular idea that artists are inspired folk, visited by beautiful visions which are set down upon paper, canvas, or clay, with sublime ease.

Only they who have the privilege of intimacy with such great present-day painters as Frederic Shields, or who have studied the methods of past masters of the graphic art, realise the amount of laborious study undergone, and knowledge of the human anatomy possessed by those whose creations are "joys for ever."

Many an artist has an acquaintance with the details and proportions of the human frame which might equal that of a skilled surgeon, and far surpass the average medical practitioner.

A glance at the studies of an arm a falling body, and a hand

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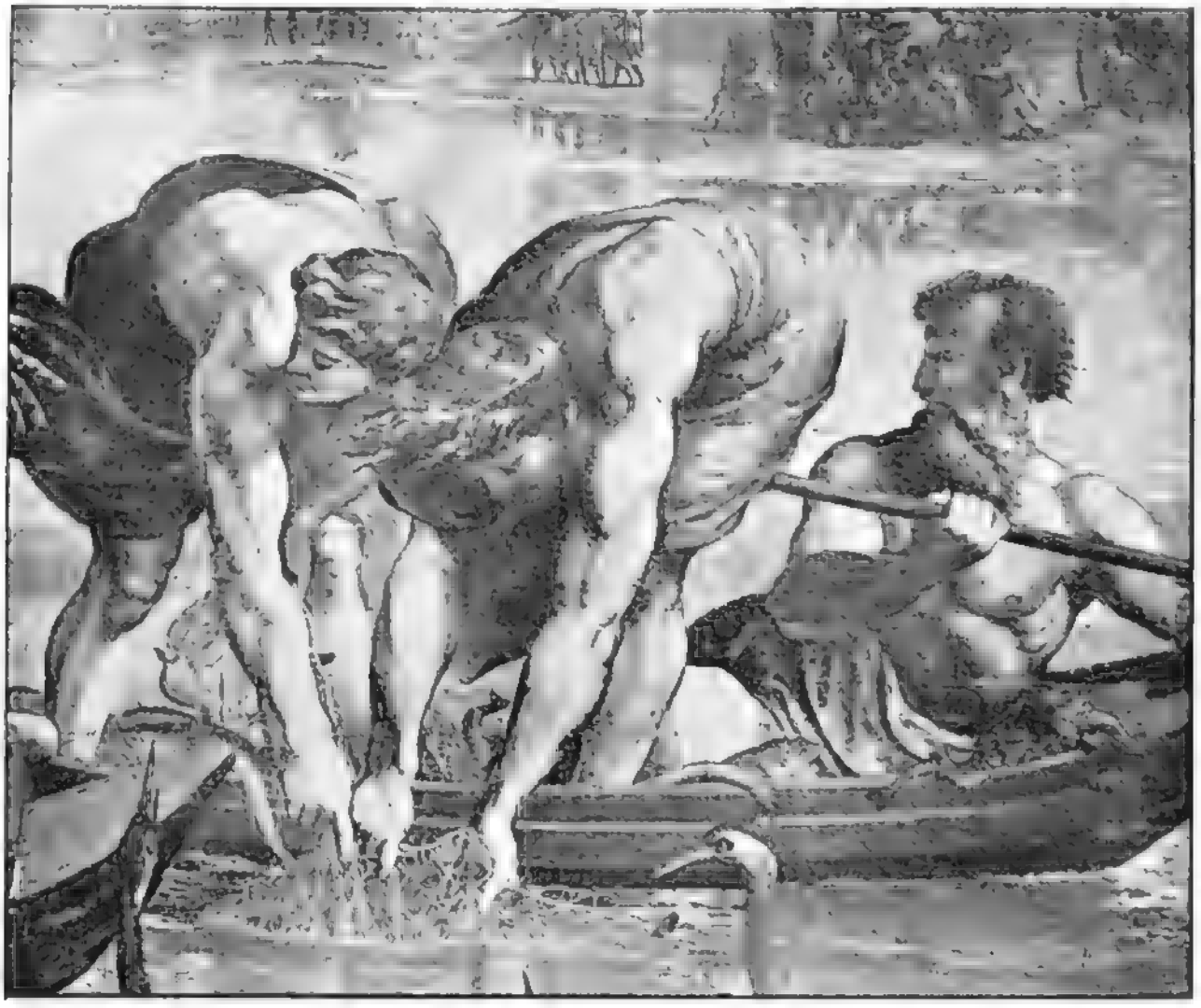
THE REPENTANT MAGDALEN. *(Balloni.)*

by Angelo, amongst the illustrations, show that the position and tension or flexion of every muscle has been carefully thought out before being drawn.

Just one more generalisation—and I think it is an interesting one—before I pass on to talk of individual artists' work and ideals. It is to note how nearly in agreement are all the masters on the subject of what is the ideal development of the human form. In the course of these articles will appear in close proximity for the purpose of comparison and contrast, pictures of men and women divided by hundreds of years time, as regards the date of their production, yet it will be seen that throughout, from Albrecht Dürer, of the fifteenth century, to Millais and Leighton, of recent years, the figures of their ideals vary but little. This is more particularly the case as regards the male subjects.

Women were ever wont to be fashionable creatures, and at different periods, the tall, the full-figured, and the petite have each, in their turn, been the fashion, and artists, living more or less, as they always needs must, upon the commissions of the wealthy and fashionable, have moulded their ideals in consideration of the prevailing fancy.



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THE MIRACULOUS DRAUGHT OF FISHES (*Raphael.*)

But even the women figures in pictures from the year 1490 A.D. to this day, after making allowance for such passing fashions, show great similarity of physical beauty.

The artists have all differed, according to their individuality, on points of grouping, pose, colour, technique, etc., but the ideal

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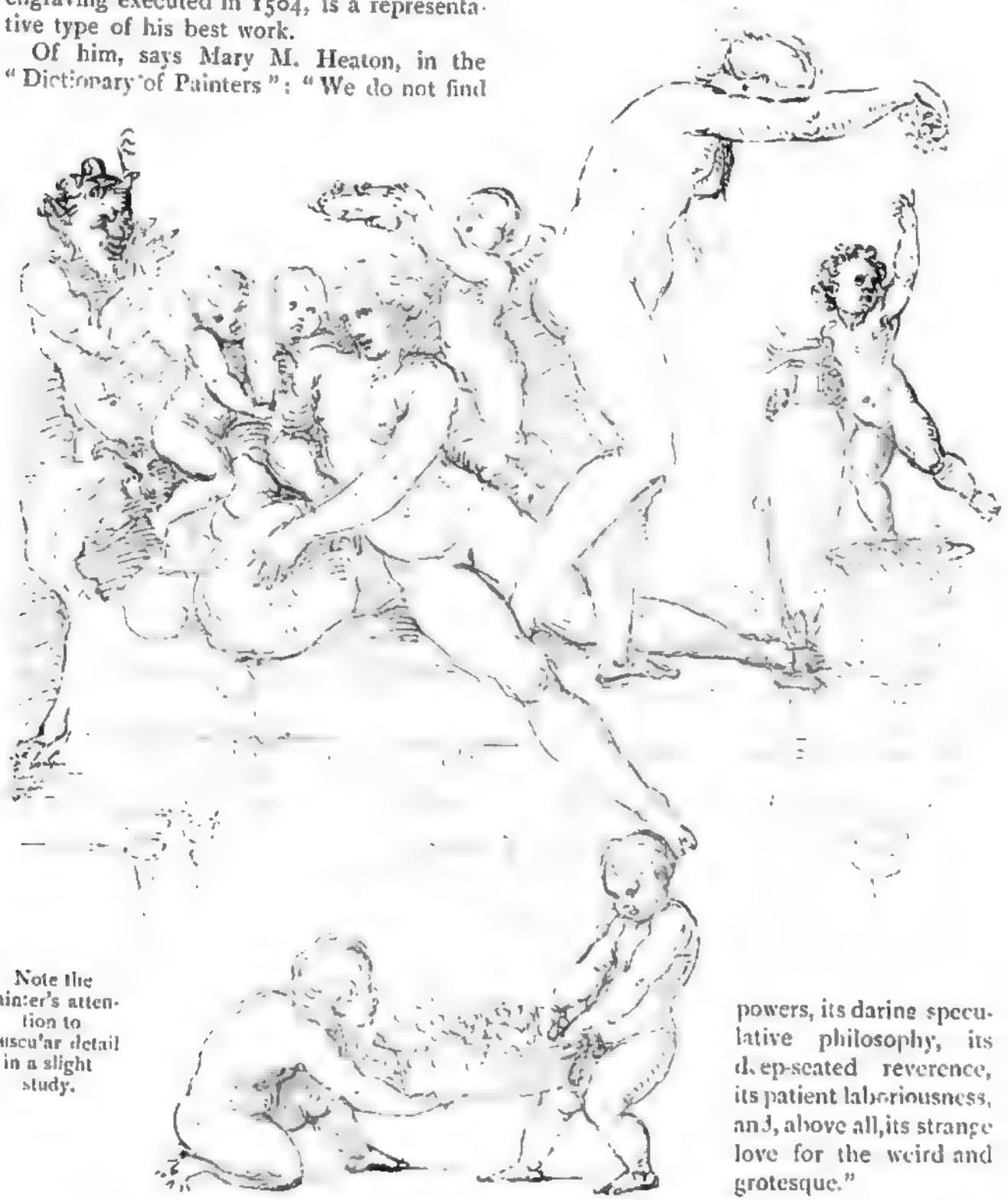
ST. MICHAEL AND THE DEMON. (*Raphael.*)

form seems embraced, roughly speaking, by all.

## ALBRECHT DURER.

First in point of time of birth of those whose works illustrate these pages comes Albrecht Dürer, the German master. His figure of Adam, taken from a copper-plate engraving executed in 1504, is a representative type of his best work.

Of him, says Mary M. Heaton, in the "Dictionary of Painters": "We do not find in Dürer's art the classic ideal of the perfection of man's physical nature, nor the spiritual ideal of the early painters, nor the calm dignity and rich sensuous beauty of the great masters of the Italian Renaissance, but in it we find a noble expression of the German mind, with its high intellectual



Note the painter's attention to muscular detail in a slight study.

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THE TOILET OF VENUS. (*Raphael.*)

powers, its daring speculative philosophy, its deep-seated reverence, its patient laboriousness, and, above all, its strange love for the weird and grotesque."

Like all the painters of his period his

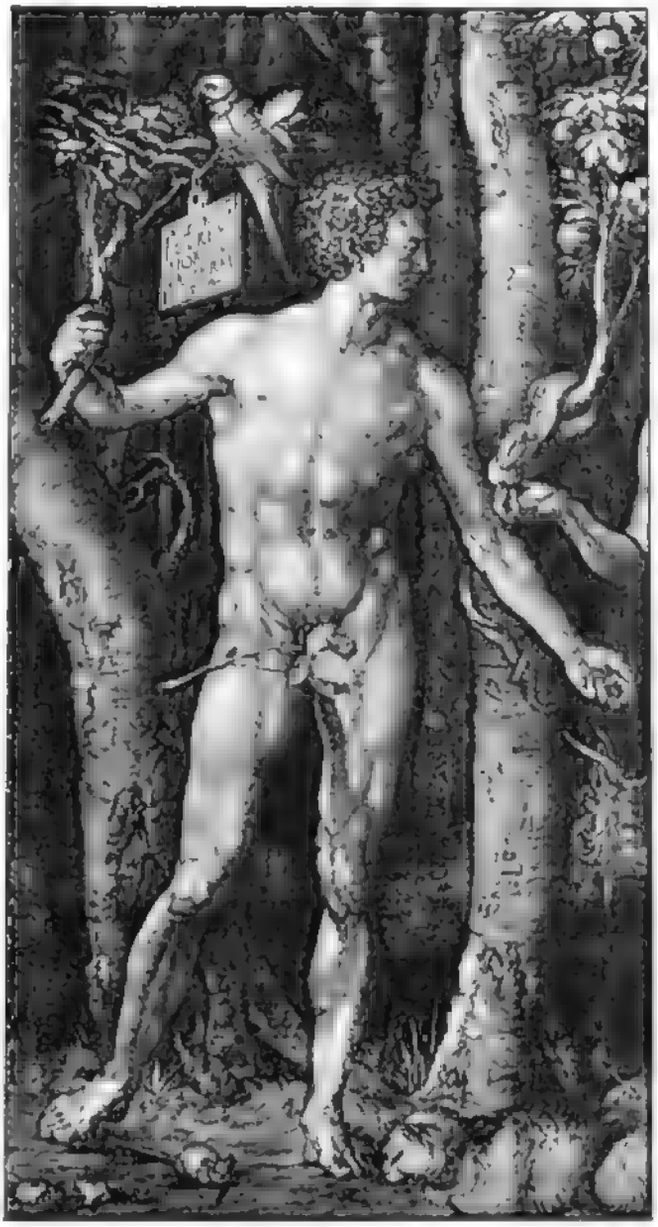
work was mainly confined to religious subjects and portraiture.

He was coeval with Michael Angelo and Raphael, who were at work further south in Italy, whilst the quaint old Bavarian town of Nürnberg (Nuremberg) was the home of Dürer's labours.

## MICHAEL ANGELO

was born in 1745, his family name being Buonarotti. He and his contemporary, Raphael, stand out as the two brilliant stars whose artistic light shed its beams over all Europe at a time which demanded a real and consistent pre-eminence in any calling to create anything beyond a local fame. The day of newspapers and telegraphs, in which a world-wide reputation and acknowledgment of talent may be acquired in a season, was not yet.

Michael Angelo was beyond doubt a born artist. He himself always declared that "he imbibed a passion for it with his nurse's milk." At any rate, by the time he was fifteen years old he had placed several important works to his credit.



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ADAM. *(A. Durer.)*

And what was the subject to which this master mind amongst artists turned his earliest endeavours?

A relief in marble of Hercules that mythical demigod of giant strength and proportion in physical manhood!

Again, when out of his apprenticeship, so to speak, he establishes himself in his first studio in his father's house, his opening work was once more a statue of Hercules!

Here I would interject the remark that artists in every period seem to have adopted as their ideal of manly beauty the Herculean type rather than that of Apollo.

Why, I can but hazard a conjecture, for it will, I believe, be universally admitted that the Apollonian physique is quite as beautiful, if not more so, than the Herculean.

The immediate world-wide recognition amongst artists as well as athletes of the symmetry and beauty of Sandow's figure proves that when seen the Apollo type is appreciated, for, whilst possessed of many Herculean distinctives, it is an Apollo type, with the graceful sloping shoulders that he was hailed the most beautifully-developed man of the present day.

I therefore come to the conclusion that artists have portrayed the Herculean type for want of acquaintance with, or lack of opportunity to obtain, models cast in Apollo's mould. A glance over the photographs of a number of the best proportioned athletes of to-day shows that the Apollo type is in a great minority—in fact, outside Sandow, is practically non-existent in the front rank of well-developed men.

I hear some critic of my adulation of physical beauty exclaim that artists, while

treating of the human figure, have always portrayed the sensuous side, which is the opposite of that which the physical culturist would cultivate?

To him I would triumphantly point to Michael Angelo, the admitted master of them all.

Says that expert on all things connected with the art of his period, Mary M. Heaton: "Of the art of Michael Angelo few are competent to judge. It needs a long study before its masterly power is perfectly comprehended. intellect are the two qualities that mark his style; a profound knowledge of nature, and careful study of the living model, yet no servile copying even of nature, for he often violated rules of proportion, placed his figures in constrained and impossible positions, and in other ways rejected the teachings of science, if this was necessary for the expression of his idea. For Michael Angelo was perhaps the greatest of idealists. His figures live by virtue of the life he has infused into them, and remain as the grandest creations of Italian art."

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FROM "LA VIERGE CONSOLATRICE." (*Bouguereau.*)

All that the progressive artists of Florence had been striving after since the time of Masaccio was attained by him. He was influenced, but not dominated by classic art. Like the great Greek artists before him, he seized on the nude human body as the best means of displaying the highest perfection of artistic beauty. While Titian and Correggio were seeking this perfection in sensuous loveliness, *Michael Angelo sought it in physical force, and by a daring and knowledge such as no artist had ever before displayed, achieved his aim. to the admiration of all succeeding ages.* Power and

Though better known to the world outside artistic or critical circles as a painter, yet Michael Angelo was sculptor first and painter second. Whenever he could lay aside canvas commissions for marble ones he did so. His four principal works in sculpture are recumbent figures of "Night," "Morning," "Dawn," and "Twilight," executed for the tombs of Lorenzo and Giuliano de Medici.

Of his paintings, that entitled "The Last Judgment," a fresco in the Sixtine Chapel, contains no fewer than 314 figures, and occupied six years in its execution.

The amount of work which the artists of these olden days managed to accomplish is surprising. Michael Angelo was occupied not only with sculpture and painting, but as architect and engineer under several successive pontiffs; the engineering portion of his endeavours being directed towards the fortification of his beloved city of Florence to withstand the attacks of his erstwhile and subsequent patron, Clement VII. His engineering was evidently not on a par with his art, for the cannons of the Pope, aided by treachery within the walls, placed Michael Angelo on the losing side. The conquering Clement VII. wisely forgave Michael Angelo's assistance of his opponents, and, taking him back to Rome, ordered him (for at this time it was customary for a Pope to enforce his commissions) to continue the work he had left unfinished upon his previous departure from the eternal city.

## RAPHAEL,

or, to give him his correct name, Raphael Sanzio, like his contemporary, Michael Angelo Buonarotti, also chose to depict the human form whenever his patrons' orders gave him free scope to follow his own inclination.

*By permission of The Autotype Co.*]
MISS EMILY POTT AS THAIS. (*Reynolds.*)

Born in 1483, at Urbino, in Umbria—studying subsequently in Perugia, then in Florence, and finally settling in Rome—he is regarded by many as the greatest of all the artists of the Renaissance. Whilst not going quite so far as this judgment he may

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LADY BARROW. (*Lawrence.*)

certainly be said to share that distinction with Buonarotti, these two standing head and shoulders above their nearest contemporaries.

Raphael came into prominence a few years later than his rival—I use the word without invidious meaning—and his work, whilst undoubtedly influenced by that of Michael Angelo, yet was distinct in its own individuality.

Of his *colour* and *composition* it is not within my present scope to speak, but of his *form*, Mcdougall Scott says (Raphael: page 50, Bell and Sons): "Here we must start by noticing that our artist did not love form for form's sake. In this he was the perfect antithesis of Michael Angelo and the Florentines—his interest did not carry him deeply into the details of drawing. We do not wish to infer from this that he was a bad or incapable draughtsman, but rather that in certain details there is a correctness wanting, a certain lack of finish.

"In short, the part is sacrificed to the whole, and here we have the keynote to all Raphael's great works—a sweeping grandeur a complete symphony of form and colour instinct with some magnificent conception built up and elaborated with a true sense of harmony. The leading lines of each part of his compositions are very perfect; in his figures each part of the body is in harmony. the rhythm of lines is true. but his aim at amplifying and generalising, in order to obtain something that was broad and large. was won, in many cases, at the cost of crispness.

"Thus we can see that it is rather unfair to compare him with Michael Angelo, the beginning and end of whose aims were, so to speak, centred on a dominant figure, by which he gained his marvellous concentra-

*By permission of The Autotype Co., 74, New Oxford Street, London.*]

MADAME RECAMIER. (*David.*

tion of ideas. We gaze on a figure of Michael Angelo with every muscle tense, and every nerve pulsing in unison with the wonderful spirit of life before us.

"By Raphael, on the other hand, we are satisfied; something different is touched; we realise that each figure is made to fulfil a noble space in the larger structure; we are *en rapport* with mankind; we live in Nature herself.

"Perhaps Michael Angelo was the finer draughtsman, or, rather, he carried his faculty for form to a final limit, but in doing so he missed Raphael's superb sense of harmony.

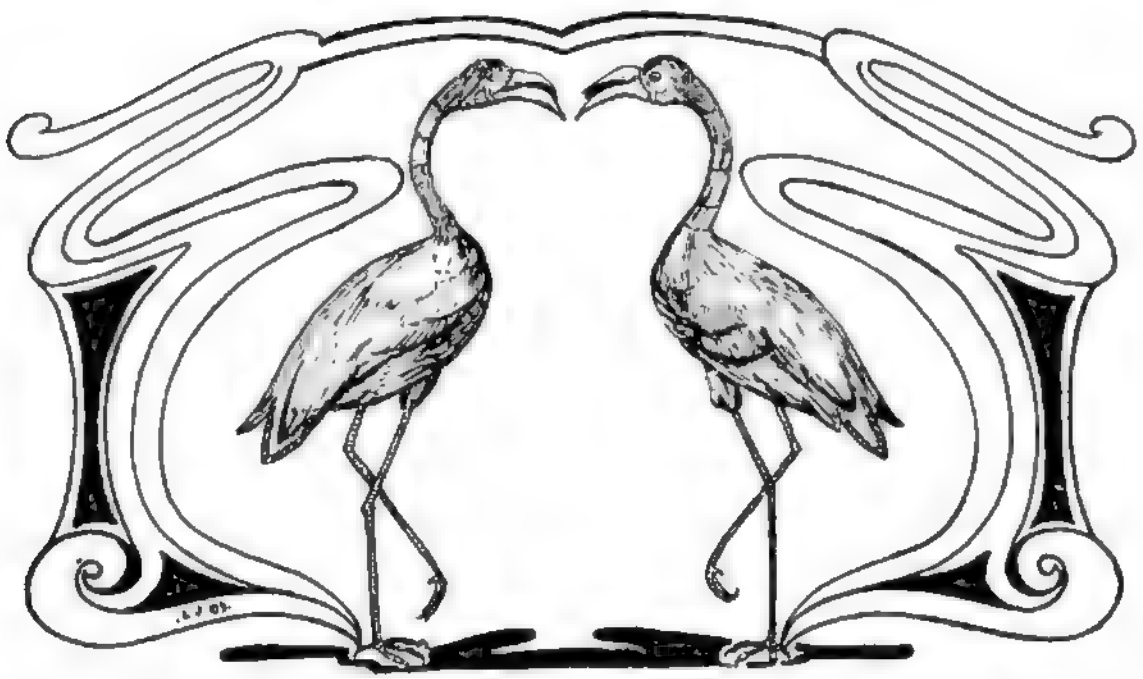
"Each artist held a definite aim in view, and each attained his aim to perfection."

How Raphael and Angelo revelled in drawing fine muscular figures is admirably shown in the reproduction of the design for tapestry entitled "The Miraculous Draught of Fishes"; in the picture of "St. Michael and the Demon"; and also in the studies on page 6.

In St. Michael, Raphael realises to the full the "majesty of manly beauty" and muscular vigour.

It is just this dignity and power of the human form which we lovers of the highest physical culture should hold up to all whom we would interest in our vitally important subject.

*(To be continued.)*



# The Stage Physical.

By F. NEVILLE PIGGOTT.

**INTERESTING INTERVIEW WITH MR. LEWIS WALLER.**

BUST OF MR. LEWIS WALLER AS "BRUTUS," BY MR. ONSLOW FORD, R.A.

AS my readers will remember, I was requested by Mr. Sandow to suspend this series of what should prove interesting articles on a very vital subject, to enable him to refute the statements contained in the very remarkable letter penned by Mr. H. Beerbohm Tree. This letter, I may say, has, judging from the correspondence to hand, brought down general condemnation on Mr. Tree's argument.

No stronger endorsement of Mr. Sandow's contention could be forthcoming than that which was the outcome of a most interesting and entertaining conversation which I had recently with that most popular and talented actor, Mr. Lewis Waller, who is, at the present time, portraying to the life, at the Imperial Theatre, a perfect specimen of manly vigour.

Mr. Waller readily assented to the request that he should give to the world at large, through these columns, his views on the subject of the general physique of the actor, and in response to his invitation I paid him a visit at the Westminster house of entertainment where he holds sway. I found him, as is natural in an actor-manager, deep in the throes of business, so deep, indeed, that at the outset he informed me that the extreme limit of our conversation would have to be ten short minutes.

I am glad to say, however, that so interested and engrossed did we both become in the subject that the ten minutes had lengthened considerably before we had finished.

Mr. Waller's personality strikes one at the very outset. He looks, and undoubtedly is, an excellent specimen of a well-built man. Straight as a die, full of vigour, and the embodiment of perfect health, with no waste avoirdupois, but evidently, to use common parlance, "as fit as a fiddle."

With so little time at our disposal none was wasted in preliminaries, and we dived into our subject at once.

Questioned as to his opinion with regard to the physical requirements of the actor and actress, Mr. Waller was most decided and emphatic in insisting that for a man or woman to succeed in the arduous profession of the actor there must be sufficient stamina to withstand the great physical strain, and, therefore, it was important that the muscles and organisms of the body must be in a healthy and fit state to stand the strain successfully. "Even more so is this necessary," said Mr. Waller, "in the case of the actor than probably any other profession in existence, for no one but those who have been through the mill know what powers of endurance, strength of nerve, to say nothing of fulness of lung power, is necessary to carry one through a long and tiring part night after night."

Having secured the admission that a good physique was an essential, I next interrogated Mr. Waller as to his opinion of the present condition, from a physical standpoint, of the actor generally. "There can be no doubt," said Mr. Waller, "that, taking the profession right through, the actor, and I think the actress may be included in this assertion, does not pay sufficient attention to his or her physical needs. At any rate, the physical condition, taken all round, might be improved. Your average actor goes in far too little for outdoor exercise, and, I should say, that with but rare exceptions, the average actor never thinks of improving his physique by taking, say, one half-hour's systematic exercise in his bedroom, at the open window, before breakfast. In my opinion, outdoor exercise is an indispensable adjunct to the actor's life, for it supplies the means whereby the retrograde action of the conditions of the theatre on the organism are overcome, by supplying the necessary fresh oxygen.

"Years ago the facilities for outdoor exercise, in the shape of sports and games for the actor, were not so extensive, but now there can be practically no excuse for the touring man or woman, for golf links can be found nearly everywhere, and, possibly, if a little more walking exercise were indulged in, although it may possibly suggest to some the ancient days of the 'Busker,' it is a healthy exercise, and one which might possibly bring back some of the physique which was predominant in the olden days, proof of which we have handed down to us in literature and drawing.

"I have always been a lover of exercise, and in my early days in the profession my outdoor recreation consisted of cycling. I frequently used to make the trip from town to town by road, in preference to journeying by train, and I remember on one occasion having a very exciting experience.

"Accompanied by another member of the company, we were journeying from Newcastle to Harrogate, a distance of, as near as I can guess, ninety miles. We started early on the Sunday morning, and before we had been long on the road a strong gale of wind sprang up, and as we mounted the heights near Durham, we were frequently almost blown to a standstill. After a time we were joined by another party of cyclists, and it was a very hard time of it we had all the way. It was during this journey that I realised how quickly pedalling against a high wind will bring on the pangs of hunger. We had stopped on the road for high tea, and had been on our journey again but a matter of an hour and a half when I became absolutely exhausted by struggling against the high wind, and I discovered that it was nothing but hunger that had caused me to collapse. I went into a little wayside cottage, where I found a kind, motherly old lady, who put before me some good, stout pieces of real country bread and butter and a 'mug o' gud o' Yorkshire ale,' and you will hardly credit it, but before I finished I had polished off seven solid rounds, and afterwards felt like a lion refreshed, and that with a meal which in town would probably cause one's stomach to revolt. We eventually reached our destination in 13½ hours, which, of course, included stoppages!

"Recently I have renounced cycling in favour of the more modern means of progres-

*Photo. Lafayette.*]

MR. LEWIS WALLER AS "BRUTUS."

sion, the motor, having for my exercise the game of golf.

"Of course, motoring can scarcely be termed exercise, but, in my opinion, it is one of the finest things for the throat and lungs going. Some may be disposed to question this, but I have proved it over and over again, when, after having worked hard, I have felt the severe strain on the throat, a sixty mile run in my motor has set me right again. Of course, it stands to reason that the additional amount of oxygen inhaled must benefit the throat and lungs.

"I find golfing a splendid exercise. I am not a walker for walking's sake, and I do not suppose that I could be induced to plod along a country road with nothing but a certain point as my objective. But with golf it is different, and I can cover my fifteen miles a day over a golfing course without feeling in the least fatigued."

I ventured to suggest that the walking one does in a round of the links could scarcely be placed on a parallel with the exercise one obtains from serious walking, so to speak, on the road. But Mr. Waller had a very apt reply ready for this. "Very likely," said he, "that is so. But then, you see, you get the same exercise of the shoulders and arms, in fact almost all the muscles down to the waist, when manipulating a golf club in making a long drive as you do in walking, whilst the very equanimity of temper which is required in order to become an adept at the game is an excellent thing for the nerves."

"Speaking of nerves, Mr. Waller, do you not find that motoring has a deterrent effect?"

"No," said Mr. Waller, with a smile; "no, I do not think so. But, really, I don't believe that I have any nerves."

"Tell me," said Mr. Waller, in conclusion, "how could you expect a man of poor physique to shine in such parts as Coriolanus, Hotspur, Othello, and the innumerable other manly parts which the actor in the course of his experience should be called upon to portray? Why, it is impossible.

"No, there is no excuse for the actor to neglect his physical training, and I am sure that if the effort which Mr. Sandow is making to bring about a much-needed reformation of the actor and actress bears fruit, both they and their profession will benefit immensely.

"Personally, I feel very keenly on the subject, and any help which I can or have given to the subject will be and is most freely tendered."

I may be pardoned for reproducing the following anecdote, which is characteristic of Mr. Waller, my reason for so doing being that it shows to what extent I was favoured by his allowing us to take a special photograph of himself and little daughter, especially for this article.

"The 'Monsieur Beaucaire' of to-day has not only the "physique de l'emploi" on which Delaunay used to set so much store; he has the temperament, too—the gay and whimsical way of facing the unpleasant. Not long ago he had to submit to a little operation. It necessitated the laying open of a portion of one of his extremities. The operator suggested an anæsthetic. The patient lit a cigarette and put his foot in position. "It's really nothing," he said, "after being photographed."

MR. LEWIS WALLER AND HIS DAUGHTER

*Specially taken for "Sandow's Magazine."*

Lewis Waller

# Mr. Punch and "The Stage Physical."

THE following amusing little skit on the controversy which is at present being carried on through Mr. Sandow appeared recently in our smart contemporary:—

CAN ACTORS BE TOO STRONG?

SCENE: The Strong Room. Chancery Lane Safe Deposit.

PRESENT:

Mr. Weedon Grossmith, Mr. Edmund Payne, Mr. Beerbohm Tree, Mr. Redford, Mons. Walkley, Herr Hackenschmidt, Mr. George Alexander, La Louie Fuller, La Louie Freear, Mrs. Kendal, Little Tich, Mr. Oscar Asche, Miss Edna May, Mrs. Brown Potter.

Mr. Weedon Grossmith: Ladies and Gentlemen,—This meeting has been convened to discuss the question of physical strength as a factor in histrionic efficiency. Sir Henry Irving, as you are doubtless aware, has written to Mr. Sandow cordially approving of his idea of starting special classes for actors. Personally, I am without any settled convictions on the point, and until I have finished my pamphlet I shall not know what I think; but I have no doubt that much light will be thrown on the subject by the numerous and gifted representatives of the profession whom I see around me.

Mr. Oscar Asche: An actor cannot be too strong or too massive. Think how ineffective "Iris" would have been if I had not been able to break furniture. But I did not break enough *(sighs deeply)*, I did not break enough.

Mons. Walkley: But, on the other hand, no good Muscleman ever became a famous actor.

La Loie Fuller: Without strength a serpentine dancer is nowhere.

Miss Edna May: I have a very strong part in a new piece called "The Dumb Bell of New York."

Mrs. Kendal: I quite agree with my sister artists. A strong play with strong situations needs a strong cast. But there must be a true balance of power. If "Othello" is played by a Hercules, "Desdemona" must be an Amazon, or, at any rate, a muscular Christian. Otherwise the strangling scene is too one-sided.

Herr Hackenschmidt: I should "Othello," with the "Tremendous Turk" as "Desdemona," greatly to play like. That would a scene indeed be.

Mr. Redford: I doubt if it would be allowed. There seems to be a suggestion of bull-fighting in the contest.

Herr Hackenschmidt: We should the house down bring.

Mr. Forbes Robertson: I cannot go all the way with the last speaker. Let actors be strong, but not too strong. The actor should be strong enough to stop conversation during the play, but no stronger.

Mr. Beerbohm Tree: Or to remove a hostile critic from the stalls.

Mr. George Alexander: What is a hostile critic like? I don't think I ever saw one.

Mr. Beerbohm Tree: Endurance rather than strength in my opinion is what is really needed of an actor. For example, he is the only character who may have to endure a frost in the dog days.

La Louie Freear: If I may say so, bulk and beef aren't in it with brains.

Mr. Edmund Payne: Heaven may be on the side of the big battalions, but the gods applaud the little nippers.

Mons. Walkley: (cantillating):

Mr. Weedon Grossmith: Then do I understand that the opinion of the meeting is that actors cannot be too strong, and that Mr. Sandow's proposal is accepted?

Little Tich *(unanimously)*: Certainly.

# Ice Yachting

BY

BARCLAY STEDDON

(U.S.A.)

NOTHING can compare with the excitement attaching to ice yachting—not even motoring, although perhaps this is the nearest approach to it.

To scud before the breeze at anything up to ninety miles an hour (with plenty of "sea-room") must be experienced to be realised. Even then, with the conditions all in favour, the element of danger is always present, but, as in many other sports, it is this element which adds spice to the recreation and makes all its votaries enthusiasts. Indeed, it is almost necessary for one to be an enthusiast, for the conditions under which ice yachting is carried out are such that none but the hardiest can participate, whilst plenty of nerve, or shall we say the absence of nerves, is very essential, for the various contingencies and possibilities of spills, immersions, etc., are so many that the manipulator of one of these leviathans on skates must possess a steady hand and a clever head in order to be successful.

Of course, the kind of ice yachting to which this article refers could scarcely obtain in England for many reasons. The real home of the sport may be said to be America, where in winter large expanses of frozen water are obtainable, but the sport also finds great favour in Canada, Norway, Sweden, Russia, and Holland. On your side of the Atlantic the chief obstacles are the great uncertainty of the weather and the fact that as soon as the ice is of sufficient stability, skaters are so numerous as to make ice yachting a danger to the community at large. On the great waterways of the countries mentioned above, however, this danger is consid-rably minimised, and the sport can be enjoyed to the full.

The fickle elements have, of course, a great hand in the sport, and it is particularly trying to the enthusiast, who, anticipating a day giving perfect condition of ice and wind, has to bury his hopes in a furious snowstorm or exhaust his patience in a dead calm. The season, too, is perforce short, so that

all things combined make the participation in ice yachting expensive.

Fifty years have elapsed since Americans took up the sport seriously, and during that time the number of followers has increased by leaps and bounds, whilst the improvements in the structure of the boats has gone on simultaneously. So keen are New Yorkers in the pastime that as soon as winter sets in many of them make for the shores of the Hudson River, north of New York, which is one of the favourite localities for the sport. And no finer spot for ice yachting could well be imagined. The scenery is noble in the extreme, and in parts the stream is as wide as your Solent, and more like a lake than a river. Another big centre is the Shrewsbury River, and great rivalry exists between the members of the various clubs which make their headquarters at these points of vantage, and the regattas held at these spots present a grand spectacle.

For several miles a railway skirts the margin of the Hudson River, running parallel with that part used by the ice yachts, and it is no uncommon sight to see a race between the trains and the ice-boats. Given a fair wind the ice-yacht can easily pass an express train, and although, whilst the boat is heading off, the locomotive may gain ground, the next reach will see the yacht haul up her adversary hand over hand. The record for an ice-yacht, taken over a measured half-mile, with a flying start, is said to be about seventy-two miles per hour, but it is believed that with a gale of wind this has been easily beaten, and for a much greater distance, and it is claimed, as set out above, that a speed of ninety miles an hour is quite possible. It may be scarcely credited, but it is nevertheless a fact that an ice-yacht travels faster than the wind. This is due to the fact that the resistance does not increase with the wind pressure, as is the case with an ordinary sailing boat, so that an ice-yacht, sailing under favourable conditions of wind and ice, accomplishes times which appear incredible.

A brief description of an American ice-yacht may prove of interest.

The frame is triangular, and consists of a backbone and a cross-beam, the wood chiefly used being ash, oak, or spruce pine. It is supported on three runners (the earlier types had four), one being fixed at either end of the cross-beam, and one which acts as a rudder being placed at the extremity of the backbone. This latter varies in length from 30 ft. to 50 ft., whilst the cross-beam measures from 15 ft. to 26 ft. The mast, which is stayed to both the bowsprit and cross-beam, is further strengthened by braces screwed to the cross-beam at sufficiently wide angles to supply the necessary support. The braces are welded into an iron collar, through which the mast is stepped into a square socket in the backbone. The socket is set from two to three feet in front of the juncture of the cross-beam and backbone. The bowsprit is attached to the centre of the framework, and is about a sixth less in length than the backbone. A full-sized yacht will carry six or more passengers, and considerable care has to be taken in its management, in order to preserve the balance, whilst another great necessity is knowledge of the locality, for when running at full speed it is a matter of impossibility to pull up suddenly. In addition, there is at times the risk of coming across open water, and although the frame would probably provide some support, the intense cold might render such an immersion highly dangerous.

The American ice yachtsman is notoriously a daring sailor, and many are the stories of adventure and hair-breadth escapes on record. A particularly thrilling one is that of a member of the New Hamburg Club, or, rather, a past member, for he has renounced ice yachting for ever, and for the past two years has spent his winters in less blood-curdling pursuits. The incident which caused his retirement from the pastime was as follows:—Scudding down the river at forty miles an hour towards Newburg, everything went well for a while, but a few miles above Newburg a gale sprang up, with the result that the craft, gaining impetus every second, soon attained a terrific speed. Clouds of ice-spray whirled in rear of the yacht as she dashed on like a mad thing, and the man at the helm was almost blinded. Suddenly

a whistle sounded right behind him, and looking back he found he had jumped clean over the cut made for the Newburgh to Fishkill Ferry, across whose bows he had run. It is recorded that "his hair stood on end and fairly turned grey," but this may no doubt be taken as a slight American journalist's exaggeration, for over here they are fond of adding colour to their descriptions. Be that as it may, the yachtsman, having landed safely at West Point, took his boat to pieces, and nothing could induce him to hoist his flag again.

One of the most daring and reckless yachtsmen on the Hudson River was one, Tom Parish, of whom many stories are told. He was by no means a desirable craftsman for a novice, for it is said that his favourite amusement was to take out for a trip some novices at the game from the metropolis, and should there not be sufficient breeze to enable him to capsize the yacht, to deliberately steer the craft into an air-hole or ferry track.

Ice-yachts are queer things, and have many vagaries. At times, when lying apparently snugly at anchor, up to the wind, they will take a fit, and, breaking away, dash themselves to pieces on the banks, and a boat carrying anything between six hundred and a thousand square feet of canvas running amok is a thing to be reckoned with.

A remarkable accident from this cause is on record. The *Jack Frost*, one of the fleet of the New Hamburg Club, was apparently safe at anchorage, when a fierce and varying gale struck and sent her off. A member of the club standing by made an effort to jump on to the yacht, but only reached the end of the boom, from which he was quickly flung. Dashing madly on, the yacht made towards a crowd of skaters and spectators, but although it went right through them none were injured, and then, rushing between two more yachts, it dashed itself to pieces on the rocky shore. Mr. E. H. Sanford's yacht, *Avalanche*, a craft weighing over three thousand pounds, was more considerate. One day she was struck by a squall and sent her owner overboard, but after making several turns she, by some means, came right up to the wind and stopped.

Treacherous ice is the great pitfall of the ice-yachtsman, and involuntary baths are by no means few and far between, whilst jumping cracks, as may well be supposed, is always a very risky undertaking. A thrilling story is told by the owner of the *Arolus* of a trip to Rondout and back with a friend. The outward journey was accomplished safely and under good conditions, but during the time they were ashore lunching a strong wind sprang up, and this, together with the action of the sun's rays, caused several bad cracks to open out. The yachtsmen started on their return journey without suspecting anything, the strong breeze carrying along at a spanking speed, when suddenly, immediately before them, there appeared a long fissure fully twenty feet in width and dead ahead! It was impossible to change the yacht's course in time to escape the gap, and in a moment the yacht and its occupants were ploughing through the water. The impetus carried the yacht to the farther side of the crack, where, as the craft came to a sudden stop against the edge of the ice, the passengers were thrown out, but fortunately they escaped with nothing more than a wet skin. A somewhat similar accident happened at New Hamburg to the *Jack Frost*, of which mention has already been made. She ran into a fissure, but managed to regain the ice at the other side, the crew putting up with a complete soaking, with the result that in a few minutes they were coated in ice from head to foot. One of the worst accidents through jumping a fissure occurred near Marborough, when one of the runners having caught under the edge of the ice one of the crew was crushed against the rudder plank, and for some time his life was despaired of. In racing, the majority of mishaps occur through sudden squalls raising the windward runner, with the result that the rudder loses its grip and the yacht becomes practically unmanageable. Then, should there be another yacht on a different tack near by, a collision takes place. The peculiarities of the ice-yacht are well portrayed in the story of the man who was taking his first trip. It was a squally day, and after a fast run for a couple of miles a strong puff caused the yacht to rear and come about so quickly that its occupants

were thrown out, and the yacht, taking the bit, scudded off and made for the shore fortunately without doing any damage. The novice, shaking himself out to see if there were any bones broken, said painfully: "Say, M st:r, is that the way you stop them?"

As I have mentioned before ice yachting is scarcely possible on your side, but those to whom it appeals will find plenty of scope not far away, for Holland provides some splendid ice for the purpose. There, on the Zuider Zee, one can enjoy the sport to the full, and it is no uncommon thing to see twenty or thirty of these skeleton craft taking part in the ice-boat fairs, whilst the annual competitions are always a great function, people coming from all parts of the country for miles around (on their skates) to witness the racing. The ice-boat of the Netherlands is vastly different from that used by the American. Picturesque with their huge brown sails, the Dutch boats carry at the most two passengers, and rest on five skates, one of which is fixed to the rudder. The boat portion of the craft is fixed to a planking about sixteen feet long. The mast is not a fixture, being held in its place by iron hoops in such a way that it can lay over with the sail, according to the wind, and thus allow the craft to keep the ice.

Ice-boats also find much favour in Finland, the chain of lakes providing endless scope for the sport, but the Scandinavians do not make much use of them, except to carry mails and passengers across the Cattegat between Denmark and Sweden. Ice yachting is, however, on the increase, and will in all probability become as popular with the Danes as with the Dutch. Norway favours skating with sails rather than ice yachting, although a few craft may be seen on the Christiania Fjord, where some seventy miles of ice offer plenty of scope. Wherever one takes part in the sport it is expensive, for at the most only on a few days in the year can it be indulged in.

# Physical Training under the London School Board.

By HUGH B. PHILPOTT.

ILLUSTRATED WITH PHOTOGRAPHS BY HENRY IRVING.

THE approaching supersession of the London School Board by a new authority lends special interest to the inquiry as to what the Board has done and is doing to develop the physical powers of the boys and girls in its charge.

At no time has the Board wholly ignored its responsibilities in this matter. Early in 1871—that is to say, within a few months of its appointment—the first London School Board passed a resolution to the effect that it was highly desirable that means should be provided for physical training and drill in schools established by the Board. The resolution was carried out to a certain extent. But the work was started on quite wrong lines. The great aim of teachers generally seemed to be to get the boys to march and turn and wheel with clockwork precision, and to hold themselves as stiff as pokers. The drill sergeant rather than the gymnastic teacher was their model. In girls' schools practically nothing was done, and even the inadequate drill of the boys' schools was of an intermittent character. The older schools had no central hall, so that exercises had to be carried out in the playground or not at all, and, of course, inclement weather put a stop to them altogether. In times, too, of special pressure in the school work—just before the annual Government examination, for example—the drill was liable to be quietly dropped in order to get in a few more minutes for the subjects on which grants depended, for these were the bad old days of "payment by results." No doubt, even the modicum of drill that was given had a certain disciplinary value, but it is difficult to believe that it was of the slightest value from the point of view of physical training.

Another well-intentioned but useless development, which belongs to the early days of the School Board, was the provision of fixed gymnastic apparatus in some of the school playgrounds. The horizontal bars were too thick for little hands, and the width of the parallel bars was far too great; and as the boys were left to fall about on these unsuitable appliances, without instruction or supervision, accidents occurred, and it was found necessary to remove the apparatus altogether.

In course of time the conditions of physical training improved somewhat. It was discovered that military manœuvres and physical culture were not quite the same thing, and gradually the methods of the drill sergeant were superseded by those of the teacher of gymnastics. Swedish drill was introduced into the girls' schools, and a system of physical exercises was generally adopted in boys' schools. Teachers were required to qualify themselves for giving instruction, and physical exercise took a definite place in the time-table of every Board School. But the fact that for years only half an hour a week was given to the subject shows the small esteem in which it was held. At the present time, one hour a week—generally three lessons of twenty minutes each—has to be devoted to physical training, both in boys' and girls' departments.

Of all the work done in a school there is none which so well lends itself to purposes of display as physical drill. No school entertainment nowadays is complete without

an exhibition of drill. Once a year at the Albert Hall a great demonstration is given of the physical exercises taught in the London Board Schools. It is a most interesting function, and is attended by many members of the School Board and large numbers of the public. The exercises shown are of considerable variety; this year's programme included, besides extension exercises without apparatus, displays with dumb-bells and Indian clubs, flag drill, ball drill, and fencing and quarter-staff exercises. In every case the exercises were performed with admirable grace and precision, and the boys in neat athletic garb and girls in pretty gymnastic costumes—each school having its distinctive colours—filled the arena with a succession of the most fascinating living pictures. "If I could take that show round the world with me," remarked a famous entertainer as he left the hall, "I would make a fortune with it." And no doubt he spoke the literal truth, for there is not a more charming spectacle to be seen in London in the course of a year than that which the Albert Hall affords on the July afternoon when the children of the Board Schools hold the floor.

But, after all, the exercises were not devised to entertain the public. The important question is: What is their effect on the physique of the children? As far as one can judge, from watching the Albert Hall display, the effect, even upon the picked children of the picked schools, is not at all remarkable. The young performers look healthy and happy enough, but the broad chests and sturdy limbs that should result from a prolonged course of scientific physical culture are not very greatly in evidence. The squads vary a good deal, but only one or two seem to have attained a high average of physical vigour. And if the effect of the work on the physique of the Albert Hall squads is so inconsiderable, it is fair to suppose that the effect on the general run of Board School children is even less. For at this display we have undoubtedly the high-water mark of physical culture, so far as it has yet gone in the day schools of the School Board. The spectators may suppose, and

THE GYMNASIUM, HIGHBURY TRUANT SCHOOL.

the Chairman's speech may lend colour to the idea, that what they are looking at is a sample of the average work of the ordinary Board School. But the fact is that the standard of excellence reached at the Albert Hall display is far in advance of what can be accomplished in an hour's work a week. For months before the display the special squads have been practising assiduously, attending early or remaining late in order to get extra time for drill, and many of their exercises are specially arranged for the display, and are not all such as would be seen in the schools at ordinary times. The annual display alone is likely to give the observer an altogether misleading idea of the physical training in the London Board Schools; the experience needs to be supplemented by observation of ordinary drill lessons in the schools, when the stimulus of an approaching display is absent. And such observation, to anyone who understands the purpose of physical training and realises its importance, must be depressing in the extreme.

It is to be feared that many teachers carry out this part of their duties in a rather unsympathetic spirit. Some, especially teachers of the old school, begrudge the time taken from the ordinary studies; others feel the hopelessness of accomplishing anything useful in the way of physical development in the very short time at their disposal; others, again, are obsessed by the display idea, and waste time on trivial matters of "dressing," "covering," and simultaneity of movement, which would be much better spent in getting a little vigorous work out of the children.

The only schools at which physical training seems to be carried out under the London School Board with anything like real efficiency are the industrial and truant schools. At these schools the same system of physical exercises is used as in the ordinary day schools, though it is supplemented by gymnastics, and in the case of the "Shaftesbury" training ship by special drills with rifles, cutlasses, and a field gun. At all these schools there is plenty of time to give the boys a good spell of physical exercise every day, and the results are unquestionable. Industrial schoolboys are by no means favourable subjects for physical training, coming as they do, in many cases, of poor stock and from the worst homes. Yet, after a few months at an industrial school, the feeblest and weediest boys begin to acquire vigour and stamina. The muscular development of some of the boys at the Highbury Truant School, where they get nearly a full hour's hard physical exercise every day, is quite remarkable.

But in regard to the ordinary day school, it must be said that the physical training both of boys and girls remains, in spite of some recent improvements, one of the least satisfactory features of the Board's work. The idea that the scientific development of the bodily powers is a part of the duty of the school only less important than the training of the mind, is not yet recognised as it should be. There is still a tendency in some quarters to look upon physical exercise merely as a relief for the children from the tedium of sitting still, or as a device for relieving the mental strain of ordinary lessons, or, it may be, as a mere aid to discipline and a useful adjunct to a school concert. The truth seems to be that the exercises prescribed for the day schools are not ill-adapted, if properly performed and chosen with intelligent reference to the varying physical capacities of the children, to secure the all-round bodily development which is the aim of scientific physical culture. But rarely or never are these conditions fulfilled, and even if they were the time at present devoted to physical exercise is utterly inadequate. Nor is there likely to be much improvement in this matter until educational authorities and teachers generally have a juster appreciation of the value and importance of physical culture.

What would be thought of a school in which the classes were arranged without reference to the intellectual capacities and attainments of the children? Yet in the matter of physical training our educational authorities are content with a classification which is as illogical as it would be to divide the school for intellectual studies according to the height or weight of the pupils. The exercises are graduated in difficulty according to the various standards, which would be an excellent plan if every child's physical development were exactly propor-

tionate to the development of his brain. But as every class contains pupils of widely different physical strength, the exercises must almost inevitably be so severe and taxing as to be positively injurious to the weaker children, or so light and easy as to have practically no effect on the physical development of the stronger members of the class.

In a few cases which we have noted as exceptions to the generally unsatisfactory character of the physical training under the London School Board some selective principle is applied. In fact, it becomes inevitable wherever physical culture is taken up in a thorough and scientific spirit. Thus at the Highbury Truant School the boysare graded for physical

GIRLS' SCHOOL AT EXERCISE.

QUARTER STAFF EXERCISE, MONTEM STREET SCHOOL.

PHYSICAL EXERCISE, MONTEM STREET SCHOOL.

EVENING CONTINUATION SCHOOL PUPILS AT EXERCISE, ALBERT HALL, DALSTON.

exercises in three divisions. The new comers, who are often weakly and ill-fed, are exercised separately in small squads with simple and easy movements which do not overtax their strength. When a month or so of this work, combined with plenty of good wholesome food, has given them some degree of stamina, they pass into the intermediate division for somewhat more advanced work, and finally, if they still remain in the school, into the first division, where exercises on fixed apparatus are added to the dumb-bell and extension exercises, and the whole course is calculated to develop to the utmost the physical powers of strong, sturdy lads such as by this time they have become.

There is no valid reason why a similar system of grading according to physical capacity should not be adopted in the day-schools. As this is a condition essential to any real improvement in the work of physical culture, no small difficulties of organisation should be allowed to stand in the way. The accomplishment of the second and almost equally important reform—the devotion of a larger share of the school day to the work of physical instruction—presents greater difficulties. There is great unwillingness among teachers to part with any more of the already scanty time available for book lessons. "New subjects," they say, "are continually being added to the curriculum without others being taken away to make room for them, and the school day is found all too short for what has to be got through." There is much force in this argument, but probably the school day might, without doing anyone any harm, be lengthened by half an hour, or even an hour, provided the extra time were given to work of a semi-recreative character, such as physical exercise ought to be. The children's health should benefit rather than suffer from such an arrangement.

It is possible that a casual glance at the illustrations accompanying this article might suggest the conclusion that there is not much the matter with the physical training as at present carried on under the London School Board. But it must be remembered that most of the examples shown are of exceptional rather than typical work. They are chosen rather to show what can be done with Board School children than what is actually being done in the generality of schools. The good work of the smart squads shown in the photographs is accomplished under conditions at present exceptional in the Board Schools, and our contention is that these exceptional conditions—careful classification and continuous daily practice—should be made universal.

DUMB-BELL EXERCISE, HIGHBURY TRUANT SCHOOL.

In the Evening Continuation Schools the adverse conditions of the day schools do not so generally apply, and in many of these schools physical drill and gymnastics, both for young men and young women, are carried on with a fair degree of success. Many of the schools are supplied with portable gymnastic apparatus, and there is now a School Board gymnasium within reach of

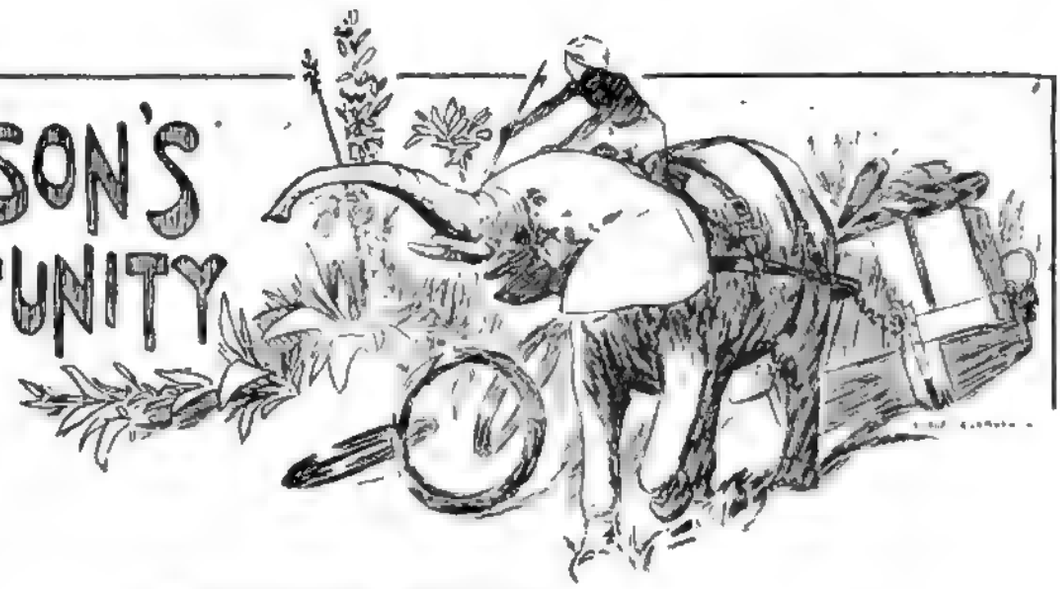
DUMB-BELL EXERCISE, HIGHBURY TRUANT SCHOOL.

nearly every young man and young woman in London. Our photograph of an evening class is taken, not in a Board School, but at the Albion Hall, Dalston, one of the very few permanent gymnasia under the London School Board.

There is another side to the physical training of School Board children—that which is concerned with athletic sports and games. In some respects this work, which is almost entirely dependent on the voluntary efforts of the teachers, is more satisfactory than the more scientific and official work. But this branch of the subject is outside the scope of our present inquiry. There are not wanting indications that the physical condition of the children will in future receive more attention from education authorities than it has in the past. It is high time the matter should be taken in hand, for there is much to be done before physical education in the people's schools reaches the high level of efficiency that intellectual education has reached. The new authorities will be well advised if they seek to develop this side of their work along the double line of improving the scientific and compulsory physical culture, which forms part of the school curriculum, and increasing the facilities for the free and voluntary expression of physical energy in sports and games.

WAND DRILL ON THE "SHAFTESBURY."

# JAMESON'S OPPORTUNITY



By HAROLD BINDLOSS.

IT was very hot in the steamy jungle when Jameson's leading elephant stumbled, and several heavy coils of steel rope rolled off the sled behind it. Jameson did not, however, blame the beast, for the trail was bad and steep, and wound steadily upwards along the edge of a creeper-choked precipice into twilit forests where it rains almost continuously. That strip of Southern Asia had been lately conquered and was then, as it is now, a little known country, but because the Government had promised that the trade caravans should traverse it in safety it was Jameson's business to bridge a tremendous chasm among the hills which sheltered a certain Dacoit Boh.

"Those fellows have been careless, as usual, about the lashings, Ram Singh," he said. "Let the men who should have made them fast pick the coils up again."

The Hindoo called aloud, and four semi-mutinous coolies sullenly proceeded to obey him. It was evident that they made no great effort, and Jameson was not surprised when one declared the task impossible. Neither did he expect obedience to his next command. "Get down, Jones and Strange, and show them how it should be done."

A white man laughed contemptuously. "I'm tired of being sick or poisoned, whatever I drink," said he. "No more nigger's work for me. Pick the things up yourself if you want to. Strange and me are striking back for a Christian country."

Jameson knew he was face to face with a crisis as he looked steadily at the speaker and the men of various colours behind him. Because the upset sled barred the way the line of elephants, bullocks, and native ponies straggled far back down the dripping trail. Chinese and Indian coolies and craftsmen and little Burmese lounged beside them, all staring expectantly at the tall figure in thin white duck. Then as their leader stripped off his jacket and knotted his braces about his waist they noticed with some surprise the fine development of his arms and chest. Bates, the big smith, smiled sardonically, while Jones and Strange, the white mechanics, who had given trouble from the first by insisting on being carried in hammocks and unwisely experimenting with native liquors, strove not to look uneasy. Being naturally unaware that Jameson possessed what his friends sometimes termed a knowledge of theoretical mechanics, they were the more astonished. Jameson himself remembered with a trace of bitterness the remarks of the eminent engineer who had despatched him to build the bridge.

"Since you inquire, there are several reasons for choosing so young a man," he said. "For instance, you are not married, and the country is said to be unhealthy. We also heard how during the canal work dispute you prevented a band of drunken navvies impairing the efficiency of our new machinery. The qualities you then dis-

played should prove useful in a turbulent country."

Jameson, it seemed, owed as much to his knowledge of a simple wrestling trick the leader of the said navvies was unacquainted with, as he did to his professional skill, and did not forget it as he stooped down and gripped the great coil of steel in the steamy jungle. There was dead silence for several seconds, and then a murmur of wonder went up as he stood erect with the ponderous weight poised high above his head. Jameson, who gasped a little, flung it upon the trembling sled, and then turned upon the white men.

"You can start at once, taking those sick bullock drivers with you. I shall not miss you much," he said. "Ram Singh, tell three men to load up the ropes at once. You have seen, all of you, and I hope you'll understand."

The coloured men obeyed him, and went on again, while the others turned back towards the muddy river which led to civilisation. Jameson, however, did not know that henceforward he owed his unimpeded progress to the fact that little half-naked men who crouched unseen among the leaves had witnessed this display of strength and firmness, and reported it to the man who sent them. Thus the gorge was safely reached, and presently raised high on tall columns two stout ropes of steel were stretched across it. Hillsides clad with primeval jungle towered above it, and the roar of a river rose through filmy spray from far down in the tremendous hollow. By that time, however, several hapless coolies had fallen into it, the young white draughtsman had died of fever, while Jameson and Bates, his foreman, worked all day and often half the night, because they feared to be idle. The coolies huddled close in their quarters every night, and told how they had seen little wicked faces watching them from among the leaves.

Jameson was sitting alone in his galvanised iron quarters one evening listening to the splash of moisture in the dripping jungle when he became conscious that somebody was watching him. There was no sound, but when he looked up sharply a white man stood framed against the darkness in the doorway. He was thin and somewhat haggard, and his white uniform hung loosely about him. There was lather from a pony's sides as well as mire upon his leggings, but he had come so silently that Jameson stared hard to convince himself that he was a reality. "I am glad to see any countryman, whoever he is, though I fancied I was dreaming at first," he said.

The stranger smiled a little. "I'm Nasmith, of the Constabulary, and in my business one learns to move silently, while, in case the Boh has friends among your retainers, I would prefer they did not hear of my visit until I'm well on my homeward journey. Apparently he has not called upon you."

"Sit down," said Jameson. "This claret is not more than lukewarm, and some of the cigars are dry. I was warned against the Boh all the way up country, but he has not molested me. Do you know him?"

"I ought to, and he probably will," said Nasmith. "We have spent the past few years stalking each other, and it's chiefly the fault of the country we both survive. You see, the Boh's people have been collectors of unlawful toll from time immemorial, and it was one of his ancestors burnt the first bridge, which was made of creepers, a native prince flung across this gap a century ago. Other princes and rulers have essayed the same feat since, but because our friend's forbears preferred the trade caravans to wander round through dangerous country none of them succeeded."

"If I live long enough this bridge will be built," said Jameson quietly. "It is the first real chance I have ever had, and success means much to me."

"In that case one might advise you to be careful what you eat, and never to expose yourself to any needless risk," said Nasmith drily. "The Boh's wiles are many and ingenious. After hearing about your little difficulty on the way, I suppose there is no use saying that a man who valued his health highly would be justified in abandoning this contract. You need not appear astonished. I hear of most things which happen in this country—and so does the

Boh. To change the subject, might one remark that the lady portrayed yonder has a most winning face. A sister, presumably?"

"No," said Jameson gravely, "that is the lady I hope to marry—if the bridge is built."

Nasmith looked from the man beside him back to the picture, and bent his head with quaint courtesy. "Then I think it will be built," said he.

It was nearly dawn when the soldier departed, but Jameson sat still with a photograph on his knee, and there was a look in his determined face the predatory lord of the jungle might not have cared to see. After this, accidents commenced to happen. Coolies dropped valuable tools into the ravine, several loads of steel fell over a precipice on the up-country journey, and dusky labourers went missing mysteriously. Still, in spite of steamy heat and drenching rain Jameson and Bates only toiled the more earnestly, and the bridge lengthened rapidly. Overwork and miasma had, however, their due effect, and when Nasmith made a fourth visit he looked at the engineer significantly.

"If you intend to complete it, the sooner this bridge is built the better," said he.

"It's worry," said Jameson, listlessly. "There's also something in this climate that unsettles me, and now the work is almost finished I'm growing childishly nervous, and grudge every minute spent away from it. This is my first opportunity, and my whole future may depend upon success. Besides, the bridge is mine—I made it—you see."

"I think I do," said Nasmith. "Since it's no use telling you not to worry, look out for the Boh. He has come down from the hills lately, and, except that I may do better by stalking him, I'd feel tempted to stay here and take care of you. I have, however, a way of turning up when I'm wanted."

Some weeks had passed when Jameson sat alone one night puzzling while his head ached over a drawing. The drawing was simple, and it was very hot, but the engineer shivered, and abused the climate because he could not understand the figuring. Midnight had passed, but, as usual, he felt little desire for slumber, and rising abruptly entered the verandah. The coolies were long since all asleep, and the night was black and still. Jameson, however, could just discern the delicate tracery of his bridge against the blackness of the hills, while thin white mist and the roar of water rose out of the gulf of gloom beneath it. Above, the climbing jungle was wrapped in impenetrable shadow.

Suddenly, and without warning, something gripped his ankle, and as he staggered two shadowy forms flung themselves upon him, and greasy fingers clutched his throat. Jameson struck one, and because he knew how and where to strike the choking grip relaxed, but one foot was dragged from beneath him, and he went down, undermost, with a crash. He heard Bates's voice raised in fury, and a pistol flashed, but he had no clear recollection of what followed, save that, still clutching his enemy, he was dragged here and there and trampled on until creeper withes were twisted round him, and somebody flung him unceremoniously into the room he came from. Then his

"A WHITE MAN STOOD FRAMED AGAINST THE BLACKNESS IN THE DOORWAY."

assailants vanished, and shrill cries of alarm which went up presently grew fainter.

"Bates!" he called, and the second time a muffled voice answered him.

"They took me by surprise, and when I missed the first one I hadn't a second chance," it said. "I'm lying here, sore all over, like a trussed fowl, and the brutes are killing the coolies by the row they're making."

Jameson, who was faint and dizzy, as well as badly bruised, lay silent a space; then, as a red light flickered through the latticed casement, proceeded to test his lashings. He had learned how to use his muscles which, before he came out to that country, had been in tolerable order, and with the first expansion of his chest and thrust of limbs felt the creepers stretch a little. Thereupon mastering the temptation to strain at them furiously, he commenced a systematic wriggling when they slackened after each deep exhalation, until finally with a strenuous effort he tore his arms free. The rest was easy, and, crawling out into the verandah, he saw one or two dim figures in the shadow beneath it, evidently watching the building. They did not, however, see him as he crept on all fours through the adjoining door, but it was well he spoke, for a low voice that was hoarse with anger answered him.

"They've tied me thoroughly, but in another moment I'd have fallen on to and worried you," it said.

Jameson freed his comrade, and for a time the two crouched by the window, partly because in the meanwhile there was nothing else they could do. A glare of light from the coolies' burning quarters fell upon the bridge, which rose against it black as ebony, while Jameson clenched his hands as he noticed the swarm of diminutive figures scurrying about the opposite end, where the big supporting cables were more accessible. They were evidently working with feverish activity, and through the hum of voices he could hear the clink of steel.

"It will take them a month to cut those cables through with any tools they have, and they wouldn't know how to use ours if they found them," said Bates, encouragingly.

"Perhaps not," said Jameson, who, knowing the value they set upon their own skins, did not believe his coolies killed. "Still, if they caught any of our assistants they might demand a lesson. They're evidently working determinedly."

The smoke that presently blew across the bridge hid it from their vision, and there was silence until the vapour thinned before a puff of wind, when the watchers saw that the destroyers worked no longer. One who was swathed in white cotton appeared to be addressing them, and when he had finished several dusky shapes came trotting across the bridge. They disappeared into the vapour but came into sight again, and this time they had increased in number, for the first ones dragged others after them, and Jameson, who hoped he was mistaken, fancied he recognised one of the latter. When they reached the bridge head the man in white cotton appeared to speak for some time, after which he stretched out an arm in the prisoners' direction, and then lowered it, as though pointing to the chasm.

"That's tolerably plain. They have their choice," said Bates. "There's not much backbone in those coolies, and I don't know that every white man would, with that pit beside him, refuse yonder robber's terms. Still, they're not much use at the best, and the steel will stand a good deal of pounding with a cold chisel. The worst is I've a suspicion I recognised Ram Singh, and he's an uncommonly handy man."

"So did I," said Jameson, with a chill of dismay, as he saw his fears confirmed. "Neither anchor plates nor cables will stand explosives, and, unfortunately, I showed him how to use fuses and detonators when we were blasting with the giant powder."

The two looked hard at each other for a few seconds; then Jameson rose to his feet. "It is time we did something to save our work," he said. "The tool and powder sheds are luckily on this side, and, if they could tear up a few boards first, two men ought to stop several dozen crossing."

Bates laughed mirthlessly as he straightened his massive limbs. He was climate proof, and having been trained young to the

heavy hammer felt a grim satisfaction that the vigour of the North, which rears big-boned men, remained with him. "They've left me nothing, but there are hammers one could break a nigger's head with in the shed," he said.

They slipped out softly, and a few moments had passed when a little, half-naked man from the jungle who was just then watching his comrades, instead of the house, twisting round suddenly was met by Bates's fist, and raised no protest against the white men's departure. Jameson drove a camp chair into his companion's face, and while a knife fell tinkling the two slipped through the shadows towards the tool shed. They found what they wanted, and nobody apparently saw them as, while the smoke rolled about them, they came out upon the bridge. The light structure, which was not fully stiffened yet, trembled beneath them, and there were openings between the temporary planking fastened to the ties that would carry the road bed. Twice Jameson, whose sight was uncertain, narrowly escaped plunging down through a gap, and was glad when Bates came to a standstill.

"SUDDENLY, AND WITHOUT WARNING, SOMETHING GRIPPED HIS ANKLE."

"If we can tear these two planks out we might check them for a time. They'll see us the moment the smoke thins," he said.

As he spoke he whirled a big smith's hammer round his head. When it descended white splinters flew up, and a bolt leapt out, while Jameson drove the end of the steel bar he carried into the gap, and when the hammer had twice fallen again a strip of riven plank plunged down into the blackness which opened at their feet. Then a shrill clamour broke out at the end of the bridge, for the vapour was thinning rapidly.

"No time to lose," said Bates. "They'll be here as soon as they see what we're after, and we must tear up another plank first."

The pair worked feverishly, and they were only just in time, for even as the splintered teak went down there was a patter of naked feet along the bridge, and Jameson straightened himself upright. He was breathless and almost choked by the smoke. His head was swimming, and his sight uncertain, for it is at night the insidious malaria shakes its victims most, but necessity had given him a temporary strength, and with grim sullenness he braced himself to do battle for his bridge.

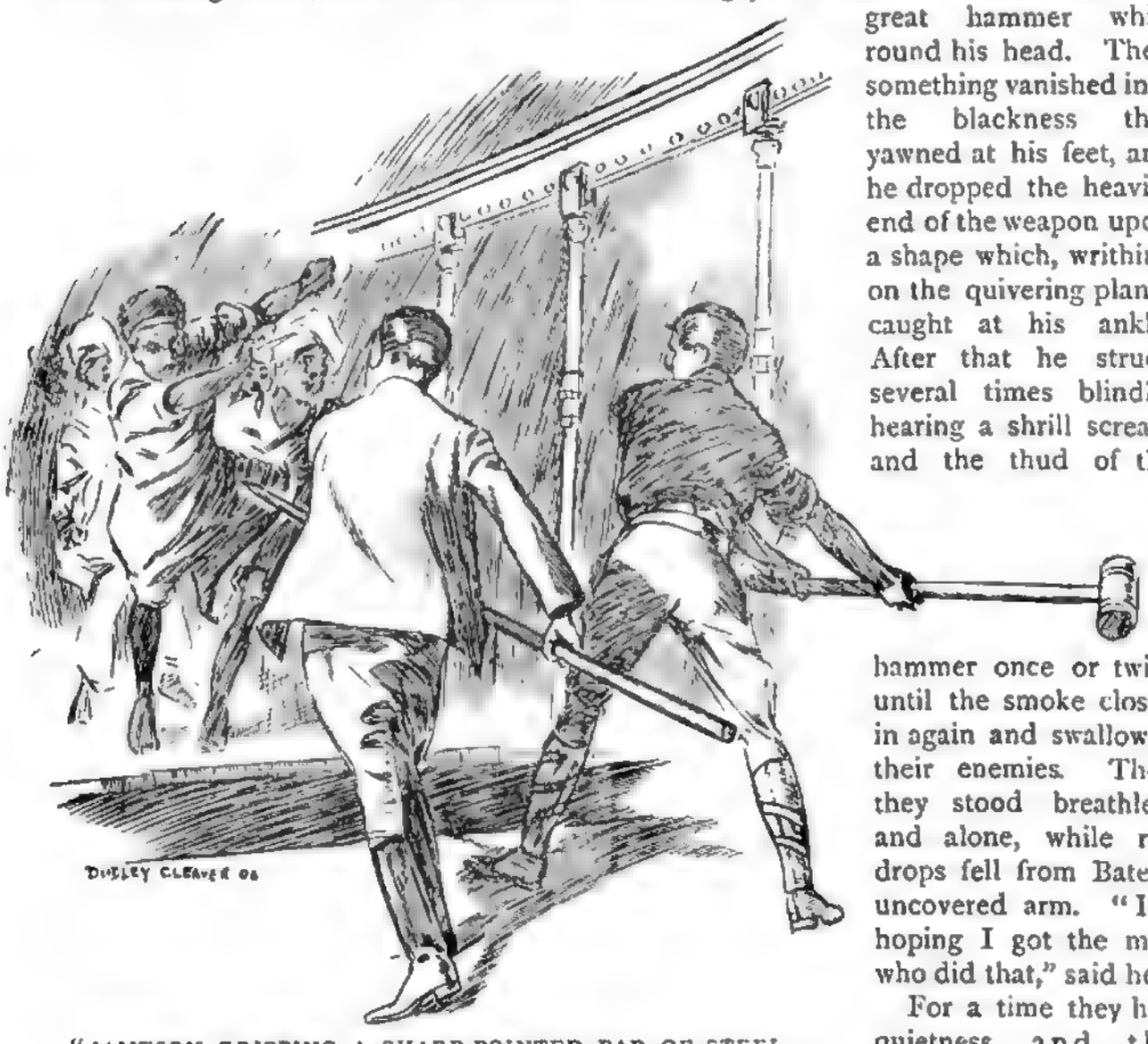
There was less smoke now, though it still drifted slowly athwart the network of steel. Half-seen figures moving through it grew into definite shape, and while Jameson tried to count them halted a few yards from the opening. The uncertain firelight touched the naked limbs and glinting weapons of some of them, while, when a lean, commanding figure in white cotton stepped forth from the rest, Jameson remembering Nasmith's description, recognised the ruler of the jungle. Close behind him stood Ram Singh.

"The Boh says no white man shall build

a bridge in his country," said the Hindoo. "Still, he does not wish to kill a white man, and when he has torn this bridge up will let you go. It is for your sakes, and because he is a very fierce man and I have only one life, I have promised to help him."

"He must pull us down first, and that won't be easy," said Bates, and, for Jameson said nothing at all, there was silence for a space when the answer had been translated, during which the Boh and those behind him stared curiously at the two men who disputed his passage. The red light shone into their faces which were set and grim, and they stood a head taller than those who looked upon them across the gap between, Jameson rigidly erect, gripping a bright, sharp-pointed bar of steel, Bates with one foot forward, stooping a trifle as he swung the long-hafted hammer. Then the leader raised his hand, and several lithe figures launched themselves at the gap.

Jameson had an uncertain vision of naked arms which clutched at him and a twinkling streak of firelit steel as he lunged with the bar he held at one dusky breast. He felt something yield beneath it, and heard the great hammer whirr round his head. Then something vanished into the blackness that yawned at his feet, and he dropped the heavier end of the weapon upon a shape which, writhing on the quivering plank, caught at his ankle. After that he struck several times blindly, hearing a shrill scream and the thud of the hammer once or twice until the smoke closed in again and swallowed their enemies. Then they stood breathless and alone, while red drops fell from Bates's uncovered arm. "I'm hoping I got the man who did that," said he.




"JAMESON GRIPPING A SHARP-POINTED BAR OF STEEL, BATES . . . SWUNG THE LONG-HAFTED HAMMER."

For a time they had quietness and the smoke hid everything, but presently indistinct figures moved through it again, and Jameson said, "They're bringing a loose plank to get at us with. You must stop them crossing while I get the end of the crowbar under it."

A solid piece of teakwood was flung across the gap, but Jameson slipped the end of the bar beneath it as it fell, and in spite of the heavy weight upon it worked its end

inch by inch towards the opening. The perspiration ran into his eyes, and his breath came in gasping sobs, but he toiled on desperately, while the great hammer circled above him. Then the tilting plank rushed downwards into the chasm, and once more their enemies vanished into the smoke, while Jameson sat down gasping and Bates leaned heavily upon his hammer. The vapour had closed about them as thickly as ever. Jameson did not know how long they waited with ears and eyes strained to the uttermost, but at last a shout rang through the filmy wreaths which were melting again. It was followed by a sound of running feet, and after that a silence which grew almost unbearable. "I would give a year's pay," said Jameson, "to know what is happening."

The knowledge was hidden from him until once more a puff of wind blew the smoke aside and the clang of a rifle rolled among the hills; then running figures in uniform converged upon the bridge, with one in fluttering cotton in front of them. A white man followed closely, and when an English voice called, "Stop him!" Bates answered exultantly, "We will."

The lean figure in white cotton slackened its pace near the gap, and then halted a moment, irresolute, at the sight of the two men grimly waiting. The leap was a short one, scarcely more than a long stride, but it was plain that whoever attempted it might well fail to alight safely on the farther side. Then it turned sharply, and Bates's voice rose in warning, "Look out; he's doubling!"

Jameson long remembered what followed. Trapped and deserted, the dusky lord of the jungle, seeing escape hopeless, swung up a bright blade and charged down upon the representative of the new regime. The two white men who watched him were conscious of a thrill of admiration for his courage, for in token that the old days of rapine had gone three black soldiers stood rigidly with bayonets poised between him and the head of the bridge, and Nasmith, pistol in hand, a few paces in front of them. Twice the latter called aloud, but the Boh only quickened his stride, and the officer of Constabulary, waving back his men, moved forward to meet him. Then as the lithe figure in white cotton seemed to gather itself for a spring the pistol flashed, and after a sudden stagger it reeled towards and halted on the edge of the open-sided bridge. Nasmith lowered his pistol, but the Boh, turning his face towards him in grim defiance, stepped backwards out of his reach for ever. There followed an impressive silence.

Nasmith, who leapt across the gap, was the first to break it. "The Boh has taken his own way in spite of me to the last," said he. "After hunting him for a fortnight I had just started on a false trail when a native friend warned me, and it cost us a thirty mile march to get here in time. Now my men have rounded up most of his company and he has gone under I feel almost sorry for the sturdy old heathen. We have hunted each other so long that I shall miss him."

It was long before Jameson, who, in the meantime, finished his bridge and rose in his profession, met Nasmith again, and then a spare, pallid-faced gentleman, sent home with liver complaint and a small pension, called at his pretty suburban villa. Jameson was glad to see him, and several chubby urchins gazed at him with wonder not unmixed with disappointment. "They were a little surprised," said Mrs. Jameson, smiling at her guest. "You see, the invincible Nasmith Sahib has figured so heroically in their favourite story that they expected somebody with the attributes of a modern Hercules."

Nasmith laughed. "And I suffer by comparison with your husband, madam," said he. "Still, I fancy even he could not lift a certain piece of steel which figures in a distant bridge to-day. That is one of the penalties attached to the prosperity his talents have won him."

"Talents!" said Jameson whimsically. "It is curious that I won my first start in life by a very moderate proficiency in wrestling, and the ability to split a thick teak plank the night you and I beat the Boh."

# Science and Art of Goalkeeping.

BY A SOUTHERN LEAGUE CUSTODIAN.

THE goalkeeper is the only man on the field with any appreciable chance of leaving the game cold. When his forwards keep the ball for ever hovering near the enemy's goal his time is exceedingly uninteresting. It may even happen that he never touches the ball during the afternoon.

On the other hand, when the ball does come in his direction his is the most important post of all. Everything depends on his effort; and the play of the goalkeeper, unlike that of the rest of the field, is entirely individual. Other players may think of combination; the goalkeeper must look for salvation to himself alone.

His qualifications are both bodily and mental. A perfect goal-stopping machine would be quite useless without a clear head to direct it. The goalkeeper must, whatever the turmoil around him, be as cool as the proverbial cucumber. His work, when it comes, is the most exciting and anxious of any. But he must leave the excitement and anxiety to others. Let the enemy's forwards lose their heads; his must be absolutely as clear as crystal, and as calm as a piece of clockwork.

His bodily qualifications are three; strength, speed, and height. His height is necessary to enable him to reach the crossbar, and negotiate lofty shots. It must be remembered too that when he reaches upwards he does not often do so exactly above him, but usually up into a corner on either side, so that his height must be greater accordingly. I think I am fairly safe in saying that it is impossible to have a goalkeeper too tall; that is, of course, if his height is combined with suppleness. We all know those lanky giants who are so slow in moving their great bony limbs that all their height and strength is good for absolutely nothing.

THE KICK-OFF.

His speed is essential for moving quickly from one threatened point to another. The greater his agility in getting along the little strip of goal line that lies between the posts, the easier will he find it to circumvent those wily opponents who entice him to one corner of his "Tom Tiddler's Ground," only to shoot at the other. Again, it often happens that he has to make a dash out of goal to get at a ball that has been kicked just a little too hard by one of the opposing dribblers. In such a case, though the distance may be quite small, indeed, probably will be, speed will make all the difference between a successful kick far to the side of the ground and the ignominy of seeing the ball kicked past him into the goal that he endeavours to defend.

As for his strength—even a goalkeeper is charged occasionally. It is very important

PICKING UP.

that a charge should not upset his calculations. It does not matter so much when a charge discomforts a forward, or even a half. But a successfully charged goalkeeper means, in most cases, an addition to the opponents' score. Therefore, though the goalkeeper should avoid charges when possible, he should be of sufficient bulk and strength as not to be greatly inconvenienced by the most vigorous cannons against the shoulders of his enemies.

CLEARING A STRAIGHT DRIVE.

The goalkeeper's duty may be summed up as first and last, defence. Somewhere in the middle comes a little kicking out of goal.

Defence is, from his very position and name, the obvious duty of the goalkeeper. This may appear an unnecessary statement. But I think not, for I have seen men so far forget its truth and importance as to dribble the ball half up the field to assist in the attack. Good may very likely result from such an action, but think of the risk attached to it. A single mistake and the attacking movement may be smartly and uncomfortably turned into a defensive one, with the ball spinning nearer and nearer to an unprotected goal. The other duty of a goalkeeper is a minor one, though by no means unimportant. When the ball is kicked behind the goal-line by one of the attacking side, it must be kicked into play again from within six yards of the goal-post "nearest the point where the ball left the field of play." This may be done by any member of the team, but it is usual and preferable for the goalkeeper to take the kick.

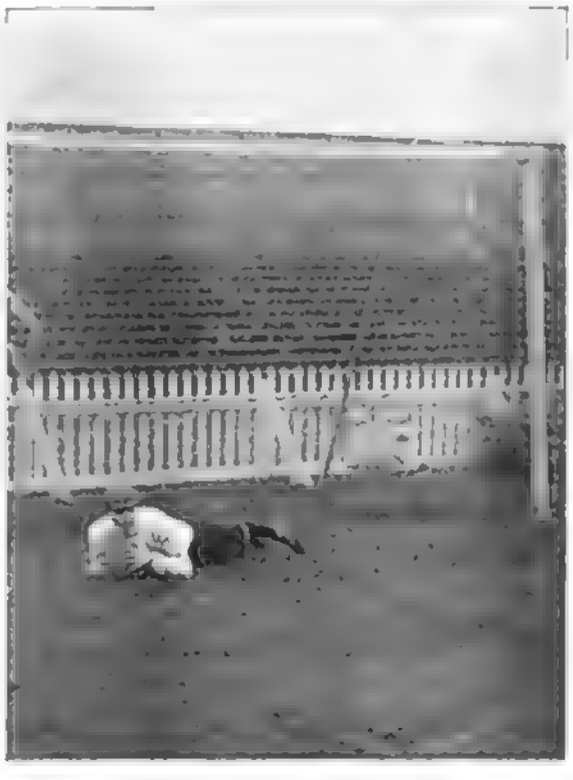
How to defend. The first principle is, of course, that which is always laid down for the fielder in cricket. Put some part of yourself in the way of the ball. That is the essential thing. Some parts are more suitable than others for putting in the way of the ball, and it is in the choice and use of the methods of stopping the ball that the science of goalkeeping lies.

SAVING IN THE CORNER.

The goalkeeper is allowed to use his hands within certain limits. He should make all the use he can of this inestimable privilege. Stopping with the feet should be a last resource. To take the ball clearly in the hands and kick in a suitable direction is the ideal plan of defence.

Take the ball in both hands as tightly and as cleanly as in cricket. No fumbling whatever must be permitted. Pick it up from off the ground or from under the feet of an opponent and get in a kick somehow. Kick always for the sides, and never for the centre.

There are, however, occasions when a kick is impossible or very risky. In such cases, throw the ball as hard as you can with both hands, bearing in mind the direction given for kicking, viz.: the centre is the point of danger. Throw the ball away from it.



SAVING ON THE GROUND.

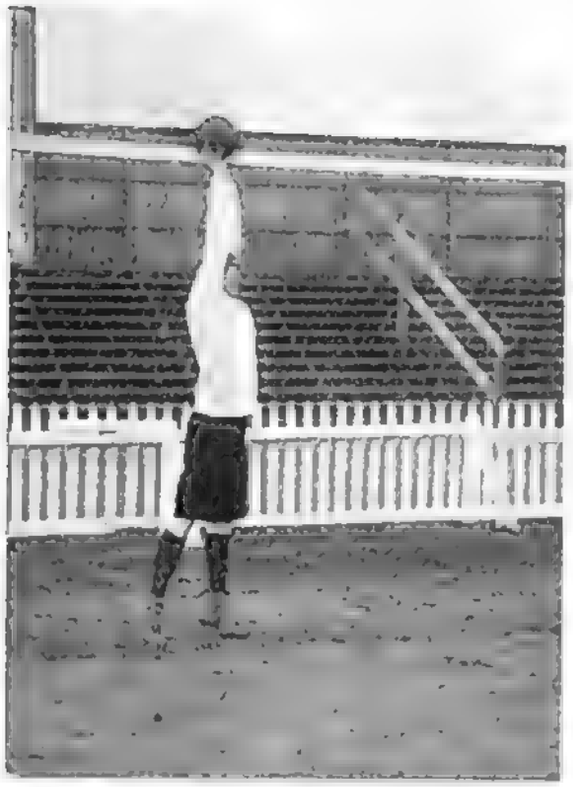
There is another contingency that must be considered when the ball is coming so high or from so short a distance that any attempt at catching it would mean a fatal slip or an equally fatal loss of time. The latter event might involve being charged into the goal with the ball in your hands, a most annoying way of adding points to the enemy's total.

The quickest, safest, and best method of meeting an attack of this sort—i.e., a hard or very close shot—is that of fisting. The name implies a blow with the fist, but in reality the ball is struck with the ball of the thumb and the joint of the wrist. When possible both hands should be used, but as fisting should only be employed in cases when the use of two hands is difficult, it is but seldom that the goalkeeper fists with both at once. Usually the fist is a forlorn hope of saving a shot otherwise out of reach. Such shots are more often than not just under the cross-bar. A good plan—indeed, the only one for really fast shots of the kind—is to hit the ball not outwards but upwards, so tipping it over the cross-bar. But a corner is a lesser disaster than a goal.

Never kick without first picking up, unless absolutely compelled to. It is a method of saving so risky as to be scarcely a defence at all, but only a postponement of catastrophe. In my opinion, the only occasions when kicking is necessitated arise from fast low shots into a corner of the goal when the goalkeeper is nearer the opposite post. A run and kick is then perhaps safer than the only other resource—that of hurling oneself along the ground. Both are excessively risky, but of the two, kicking is the less likely of failure.

The goalkeeper has a ticklish moment when an opponent is about to take a corner kick. He cannot tell where the ball will alight. The field, friends and foes alike, are close in goal. In case of a shot he knows that but little time will be given him to save. Where is he to stand? What is he to do?

In the first place, he must be in a position (1) to see what the ball does; (2) that allows him to get quickly to meet it should it be shot into his goal. Now if he stands by the post near the corner he has perhaps a fair chance of seeing what becomes of the ball, but if it comes into the goal he has to turn round in order to reach it. Turning round is a proceeding most wasteful of time. It must be avoided. Hence the goalkeeper will do best to stand near the further post,



TIPPING A HIGH SHOT OVER THE BAR.

so that if the ball should be coming at any part of the goal forward movement will take him to meet it. He must depend on his men as far as they can to give him a clear sight of the ball. But he will find that the impediments to the view from the distant post are not so very much greater that from the near one, and the advantage in quickness of defence amply compensates for what difference there is.

There is but little to say about kicking out of goal. One point, however, must be well noted. Do not kick high. A high kick looks showy and effective, but a low one is of far more actual value. The high kick may be returned by the wind or the heads of the enemy, while a low one is secure from either of these mishaps.

A last word. Wear a sweater. If your side is much the stronger you will be thankful for something to keep you warm, whereas if you are getting a lively time you can easily discard it. As for gloves, your hands must decide whether or no gloves are to be used. If you can do without them well and good. If not, woollen are as serviceable as any, though rather unpleasant on a wet, cold day.

FISTING AWAY.

# The Isthmus of Panama.

## COLON.

**The present state of affairs in the Isthmus of Panama should make the following description of one of its chief towns as given by a late resident, doubly interesting.**

THE quotation that "distance lends enchantment to the view" may well apply to the town of Colon. Seen from a distance away at sea, one might almost imagine he was viewing some pretty little town in Italy or France; but this illusion is soon dispelled when the stranger lands. The condition of the streets is deplorable, and at almost every turning one comes across houses in ruins, many of them through revolutionary fires; and it is these revolutions which have deterred the owners of the properties from making them good again, for revolutions are very frequent on this narrow neck of land, as everybody knows, although Colon itself, in recent years, has been particularly free from any disturbances.

One thing which strikes the visitor to the town, for such it may be called, is the large number of English-speaking people who are met with. You may walk the whole length of the long street, which is the principal thoroughfare of the town, and in all probability not a single word of Spanish or French will greet the ear, although the Gaelic language, prior to the De Lesseps' smash, was to be heard on every hand. The English that one does hear, however, would scarcely pass muster in the British Isles, for it is largely what might be termed Jamaican. These islanders number some 50 per cent. of the population.

When the scheme for the Canal was first put forward a large number of the poorer class came over from Jamaica, and proved to be by far the best workers the engineers could command. Unfortunately, when the scheme fell through, thousands were left stranded, and of these a large number were returned to their homes by the British Consul. A large proportion, however, preferred to remain in Colon, and apparently they are satisfied with their lot.

The Colombians, who make up about one-eighth of the total population, are for the most part members of the police or soldiers, who are kept there by the Government; and those who are not follow the profession of solicitor. This may appear rather curious, but it is a fact that in the South American Republics the law and medicine hold the sway in the choice of professions.

The American colony at Colon is a large one, most of its members being interested in the Panama Railway Company, which finds employment for a large number of the natives.

This company secured a ninety-nine years' lease of Colon for the purposes of their enterprise, of which period some fifty or sixty years have now expired; and with the lease they secured from the Government of those days the right to collect the land tax. In fact, they practically ruled the country in this respect, for they have the power to levy whatever taxes they may please, and there is no gainsaying their demands. The point was fought out in the courts at Bogota, but no redress for the land-owner could be obtained. Moreover, the company had the right to demand that the taxes should be paid in American gold currency only. Readers under more favourable conditions at home can hardly realise what it means to have your taxes valued in the current coin of the realm, for which, should you want to change it into the currency, you would have to pay one hundred and forty per cent.

for the exchange; as, for instance, for an English sovereign the exchange would be twelve dollars in Colombian currency.

The company have, to a certain extent, been rather unfortunate, inasmuch as they have lost to the French nearly ninety per cent. of the shares of the railway.

Colon, though lacking much that is of great historical interest, has still one or two spots which appeal to the casual visitor. For instance, there are the two fine residences built for De Lesseps pere et fils, which stand at the Atlantic end of the entrance to the Canal, and in which, it is said, they slept but one night.

THE GARFIELD HOTEL, IN THE AMERICAN QUARTER.

There are also a number of splendid houses which were erected by the other French engineers connected with the building of the Canal, and these range up the forty-eight miles of the isthmus, wherever the highest and best ground was obtainable, the idea being that they would be less prone to the contraction of the dreaded fever from the malarial swamps which abound so thickly all through the low lands of the country; but their expectations were hardly realised.

A place of melancholy interest is Monkey Hill, where thousands of Frenchmen lie buried, and in some instances whole families are buried together in the one grave. These were the victims of the dread fever, but since those days sanitation has been improved to a great extent in Colon, and now the yellow fever is rarely, if ever, heard of.

A trip up the line of the Canal may excite interest, and will give visitors some idea of the amount of money that was expended in valuable machinery for the purpose of connecting the Atlantic with the Pacific, now lying rusted and in many cases overgrown by weeds and underbrush.

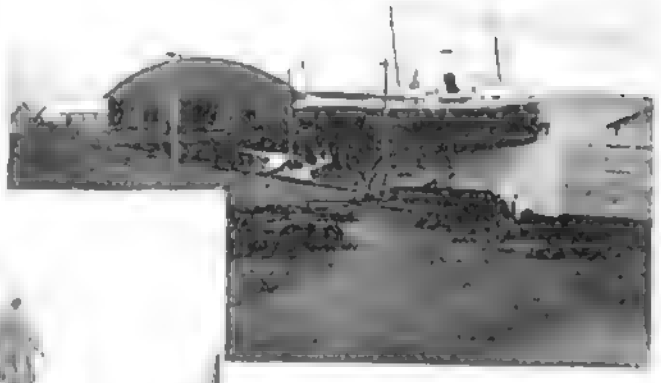
A thing to admire is the statue of Columbus, facing the harbour at the entrance o the Canal.

The American colony is a suburb, and is known as Washington. It possesses a very pleasant hotel, called the Garfield. Near by is the residence of the British Consul, who has a fairly busy time. Our country is well represented, and both Mr. Leay and Mr. Hudson, the Vice-Consul and Pro-Consul, are highly esteemed.

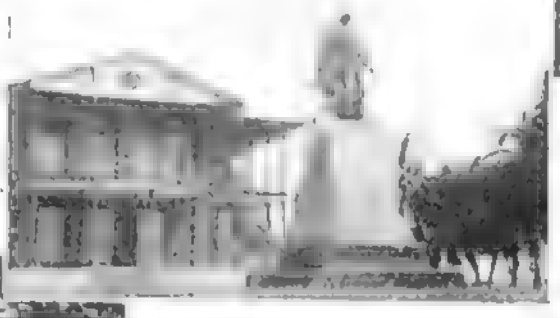
The laws of the land are administered by the Colombians, and in point of fact resemble the British laws in a great many

respects; but the method of carrying them out is open to considerable improvement.

Probably the most exciting time in the whole history of Colon was during the period when the French Canal Company was at work upon the twenty odd miles which were excavated, and the description of a French visitor, who arrived there on the Monday and left the following day, with the expression: "Mon Dieu! this place is too hot for me," is very apropos.



AMERICAN PIER, WITH MAIL BOAT ALONGSIDE.



DE LESSEPS' SON'S HOUSE AND STATUE OF COLUMBUS, AT ATLANTIC ENTRANCE TO THE CANAL.

MEMORIAL NEAR AMERICAN AND ENGLISH CONSULATES.

ARMOURED TRAIN DURING THE REVOLUTION.

Gambling hells were to be found nearly everywhere, and that particular visitor's experience of having been robbed of every cent, turned out barefooted, with only his trousers on, in the early hours of the morning, was only one of many such cases. At that time it was not safe to venture out after darkness had fallen, for robberies and murders were of every-day occurrence; nor was that to be wondered at, considering that the thugs and escaped convicts from the end of the earth were gathered together there.

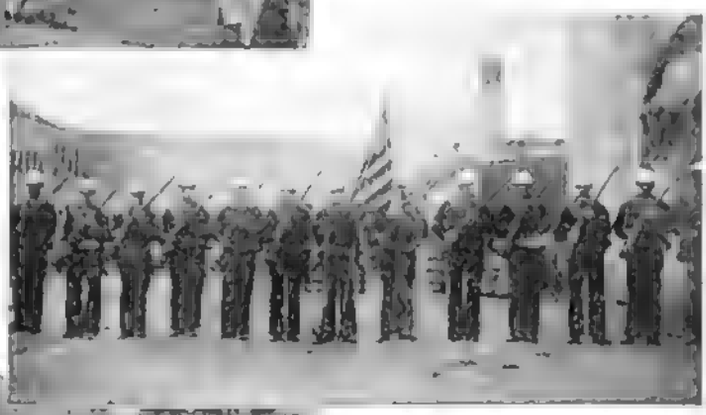
The scene when the news arrived that the Canal Company's resources had failed, and the money obtained by false representations from thousands of poor French peasants had given out, was almost indescribable. To add to the horror of the situation,

THE ENGLISH PROTESTANT CHURCH.

PANAMA RAILWAY GOODS TRAIN.

the worst revolution in the history of Colon broke out. The rebels, led by a Jamaican named Preston, stormed the town, succeeded in taking the barracks, imprisoned the Government officials, and looted the whole of the town. Preston then demanded from the Superintendent of the Panama Railway the keys of the magazine, but his demand was refused, although he threatened to destroy all the company's property. At the time, there happened to be some gunboats in the harbour, one an American, the commander of which threatened to land marines. Preston's reply was to place two old guns commanding the landing place, and threatening to sink every boat which left the ship. Strange to relate, this threat proved sufficient, and the rebels, taking advantage of the success of their ruse, immediately proceeded to burn down the American colony, with the result that the whole of Colon was laid in ashes. While the conflagration was raging a body of soldiers arrived from Panama, and, after a fierce and sanguinary contest, the rebels were defeated and the leaders hung.

PANAMA RAILWAY LABOURERS.



AMERICAN MARINES LANDED IN COLON DURING THE REVOLUTION.

INDIAN HUT UP THE CANAL.

COLOMBIAN SOLDIERS.

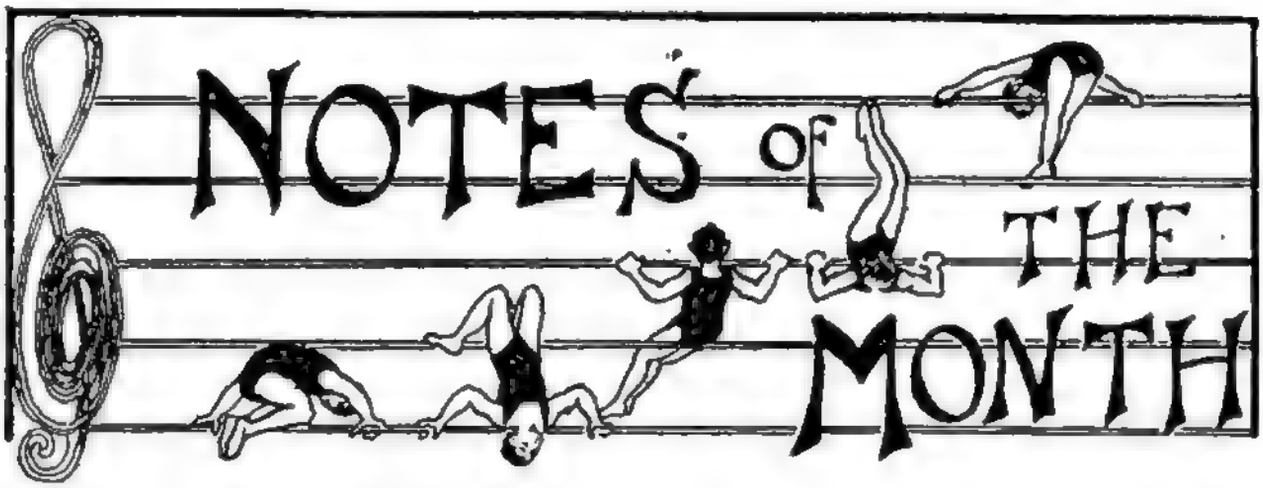
This was the commencement of Colon's deterioration, a town which had numbered eighty thousand souls, but which now has only about twenty thousand. But the probability is that it may yet again rise to its original prominence and proportions, now that the American Government proposes taking up where the French left off, and so

accomplish what should prove the equal, if not the superior, in advantages to the great Suez Canal.

Colon, like Panama, on the opposite shores of the isthmus, which at this point is fifty-four miles wide, exports chiefly india-rubber (rapidly growing scarcer), gold dust, hides, ivory nuts, manganese, shells, tobacco, cocobolo (a cabinet wood), tortoise-shell, vanilla, whale oil, sarsaparilla, and cocoanuts, so that it will be seen that the possibilities of the district are many, but factional disagreements must necessarily be detrimental to trade, and at the time of writing few can say what the country's future will be.

It may be interesting to note that Panama, which is an Indian word meaning "abounding in fish," was founded in 1518 by Pedro Arias Davila, so that it is the oldest European city in America, and as lõng ago as 1520 a proposal was made to pierce the Isthmus at Darien by Angel Saavedra. The present railway was built in 1849-1855 by an American company, stimulated by the sudden increase of traffic across the Isthmus caused by the discovery of gold in California, whilst the ill-fated canal, which is now to be completed by American enterprise, was started in 1881. It should be mentioned that although it is generally understood that the whole of the neck of land between North and South America is known as the Isthmus of Panama, there are also the Isthmus of San Blas (31 miles wide) and the Isthmus of Darien (46 miles).

AMERICAN GUNBOAT IN COLON HARBOUR.




**A Proposed Amateur Wrestling Club.**

Arrangements are in progress towards the formation of an amateur wrestling club, which, if formed, it is hoped will be successful in promoting a wider knowledge and a greatly increased practice of this most useful athletic pastime. Amateur wrestling has sadly declined of late years, but as it appears that wrestling is now obtaining an increased public interest, it is possible that actual indulgence in the sport may also spread. The club will include wrestling practice in the Cumberland and Westmorland, Lancashire, Cornwall and Devon and Græco-Roman styles, so there is no reason why either the west countryman or the northerner should not join. Arrangements are being made towards securing the use of a gymnasium in a convenient situation in central London, while it may be stated that terms of membership will not be prohibitive. A goodly number of enthusiastic members is all that is required to make the proposed club a success. The Hon. Sec., pro tem., Mr. Percy Longhurst, Sutton, Surrey, will be very glad to communicate with gentlemen wishing to put their names down for membership, or wish for further information on the matter.

* * *

**Police Force Physical Culture.**

Lectures are being given by Captain J. S. Henderson, Chief Constable of Reading, on "Normandy, Norman Scenes, and Norman People," and "In Holland with a camera." The first took place on December 16, and the next is fixed for January 11. The proceeds are to be devoted to the purchase of Sandow's dumb-bells and developers for the members of the Sandow Physical Culture Club about to be formed in the Reading Borough force. The great benefit of a healthy mind in a healthy body is acknowledged, and it is for the formation of these qualities that the club is being formed. Captain Henderson has himself done Sandow's exercises, both with the dumb-bells and developers, and having derived so much benefit himself is anxious that all his men should get it too. The Reading police are men of splendid physique, and it is hoped that a course of physical culture will still further develop them. A course of exercises will be set every month. Measurements will be taken before the commencement of the course, and at the end of each month. Should funds allow, every member of the club will be provided with a pair of dumb-bells and a developer. At the end of the year prizes will be given to men under 30 and over 30 for the best aggregate measurements, which should be an incentive for all to put their whole mind into the time they are exercising, which only takes about twenty minutes or half an hour daily. It is hoped that even the small amount of sickness which prevails in the force will by these means be still further diminished. The force are actively engaged in selling tickets, and are anxious that Captain Henderson's previous record of £103 got by his lecture on "India" for the formation of their library and recreation fund shall be properly beaten this time. Prizes are to be given to those who sell the

most tickets, which is a small incentive to them to redouble their efforts. Tickets have been sent to the Berks Constabulary to sell, and Major Poulton, Chief Constable of Berks, will allow his men to dispose of them. Prizes will also be given to the men of the county who sell most.

* * *

Birmingham is to the fore in most things in art, science, education, and physical culture.

It has now had the honour, along with its neighbour, Handsworth, of providing semi-finalists for the competition for the most perfectly developed man and the most beautifully proportionate woman.

The local contest took place at the Bristol Hall, Bristol Street, under the auspices of the Birmingham Natural Health Society.

The competition was very keen, and in the end Miss E. Richardson, of Handsworth, and Mr. D. T. Cooper, of Birmingham, were selected to pass on to Leeds for the semi-final, where, it will be remembered, Mr. W. E. Clement (Leicester) took premier honours for the gentlemen, after a keen contest with Mr. D. T. Cooper, who secured second place, Mr. George Sandiland (Leeds) taking third.

Clement and Cooper, who tied at the Midland contest in Birmingham, were presented with medals by the Birmingham Natural Health Society—Mr. Clement a gold medal, and Mr. Cooper a silver medal with gold centre.

Mr. Cooper is one of the best known of Birmingham's athletes. He has been associated with the B.A.C. and Sandow's School for some time, and for his height and weight is a weight-lifter whose reputation extends throughout the country. Mr. Cooper is a winner of the Sandow silver statuette.

* * *

From an interesting little treatise on "The Art of Being Healthy," by the Rev. Charles A. Hall, I cull the following brief chapter on physical culture:—

"The recently appointed Royal Commission on Physical Training has caused considerable attention to be directed to the state of the national physique. This is a matter for congratulation, as statistics go to prove that, nationally, we are already on the path of physical degeneracy. Of course, it is impossible to surmise what will be the ultimate results of this Commission, but it is to be hoped that, in the near future, the Governments of all countries will give at least the same attention to the desirability of maintaining its manhood as it at present gives to the maintaining of its commerce.

"There are many systems of physical culture, all of which have their ardent supporters. It is not my purpose to go into the merits or demerits of these systems—suffice it to say that they all have their good points, and some of them very weak points. For instance, the reading of some of the prominent physical culture magazines, and the sight of the pictures by which they are illustrated, would lead one to the conclusion that the greatest business of life was the development of big muscles. As we have seen, mental development is as important, yea, even more important, than development of the body. It seems to me that the standard by which we can correctly estimate the value of the various systems of physical culture is that of *use*. The real question at issue is, whether a particular system renders the individual more capable in every respect for the duties of life.

"Where one has weak points in one's physique it may be deemed wise to strengthen them by those physical exercises which are deemed best for the purpose. And, where a person is engaged for many hours of the day in a sedentary occupation, the regular practise of physical exercises in the dressing-room or bedroom, morning and evening, will be found of great value. But undoubtedly the best, because the most natural, exercise one can take is that of labour in the open air. We are rapidly coming to the age when the cultivation of the soil instead of being, as it has been in times past, a despised occupation, will become one most valuable in the eyes of mankind—valuable, not only in that it renders one capable of supplying one's own staple necessaries of life, but also in that it con-

tributes to the best physical health. Many a man would be the better of himself doing the work which he usually relegates to the gardener, labourer, or joiner; and many a woman would be more womanly and worthy of the devotion which she naturally craves if she devoted herself less to calisthenics and more to the scrubbing-brush and the mangle. The exercise which is obtained in the performance of one's natural duties will usually suffice for all the practical purposes of health development. Of course, they may be supplemented by others in the way of pleasure and recreation."

The book has much to commend it, and is published by Alexander Gardner, of Paisley.

* * *

Anent the series of articles on "The Stage Physical" and that dealing with Mr. Beerbohm Tree in last month's issue, the following appeared in *The Sketch*:—

"Mr. Beerbohm Tree is sometimes dubbed, by theatrical gossipers, 'the most courageous manager in London.' Hitherto, this eulogistic phrase has merely referred to the costly nature of the productions at His Majesty's Theatre, but a single glance at the current number of *Sandow's Magazine* will show you that the distinguished actor has a physical, as well as a commercial, claim to the description. Mr. Eugen Sandow, it seems, wrote to Mr. Tree for his opinion as to the necessity for the physical culture of actors. Now, Mr. Tree must have known that Mr. Sandow was a specialist in physical culture; he must have remembered that Mr. Sandow, moreover, was a finely

*Photo, J. Wheeler, Horsham.*]

ALFRED S. SHRUBB,

Holder of Records for 1½ miles (6 mins. 47 3-5th secs), 2 miles (9 mins. 17 secs.), and 3 miles (14 mins. 17 3-5th secs.)

developed gentleman; he could not have forgotten that he himself was a light-weight. Judge of his courage, then, when I tell you that Mr. Tree calmly replied as follows:—'I should imagine that muscular culture would be rather bad for the actor, as it would for the violin-player.' The letter, naturally enough, staggered Mr. Sandow, and the experience was such an uncommon one that he reproduced Mr. Tree's letter in the blackest of black type, and crushed it between a series of weighty arguments from his own pen. I am bound to admit that, in the process, Mr. Sandow reduced Mr. Tree to a pulp, but I am glad to think that the courageous soul of the daring actor-manager is still uninjured."

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**The Lord Mayor of Liverpool and National Physique.**

Speaking at the inaugural meeting of the Balfour Institute recently the Lord Mayor of Liverpool expressed himself strongly on the question of the national physique. It seemed, he said, "that a man's worst difficulties begin when he commences to be successful, for then the reason of his previous activity is gone. As a remedy for this he suggested work, and there was no excuse in this country for idleness. If a man could find no other outlets for his abilities there were always the charities, institutions, and service for the city and State for him to turn to. Half a century ago the English manufacturers were manufacturing for the whole world. At that time they were mostly working men by origin. The next generation of the same people were gentlemen at large, idling their time, mixing with smart society, many of them not even having the saving grace of golf. It seemed to him that unless we as a nation woke up, there was great danger arising from our success in the past. We were behind in our railways, in sobriety, in discipline, in physique, learning, and research. What was worse, there were many people so insular in their ideas and so egotistically proud that they were unable to realise these deficiencies. He therefore made a plea for travel, for a study of the public works and institutions of other nations. As to our physique, we were inferior in chest measurement and strength to the Germans, Austrians, Swedes, and Russians, though sixty years ago this was not so."

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**Sir James Sawyer and Physical Culture.**

Speaking at the annual meeting of the Amateur Gymnastic Association, held on November 5 last, Sir James Sawyer expressed regret that the financial support given to physical training was lamentably inadequate. He thought they would agree that no system of national or private education could be at all complete which did not include adequate physical training, by which he meant adequate physical education. Education meant very much more than instruction. It meant literally a drawing out, and for physical training to be adequate it must be something more than mere instruction. There must be a real drawing out.

H. JOHANNSEN (AMATEUR CHAMPION) SHOWING HOW NOT TO DIVE.

a genuine development and enlargement of all the bodily powers of the individual. He would go further, and say that no living human being could sustain health in anything like its reasonable proportion who did not include in the life of each day some observation of physical rules and training. One of the best forms of wealth was not the possession of money only, but the possession of that good health which alone could be obtained by physical training and maintained by the daily observation of physical exercise.

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Since the boom in pictorial post-cards started in this country that eminent firm of fine art publishers, Raphael Tuck and Sons, Limited, have always been to the fore with appropriate, seasonable, and topical series produced with that high finish which always characterises their work. Up to the present they have turned out upwards of 10,000 designs, and amongst their latest are many that will appeal to all lovers of sport and physical culture. Of Messrs. Tuck's latest creations those executed by the late Phil May are sure to be in great demand, whilst the illustrations depicting some billiard terms are exceedingly clever, and should appeal to all lovers of the fascinating game. Other series which should prove attractive are "The Derbyshire Dales," "In Dickens Land," "Highland Laddie," "Illustrated Songs," and "Life in Our Village." Several new series are at present in the press, and will be issued shortly, these including such popular subjects as "Newspaper Headlines," "Raphotype," and "Bartlozzie" series, "Inns of Court," "English Games," and "Football Incidents."

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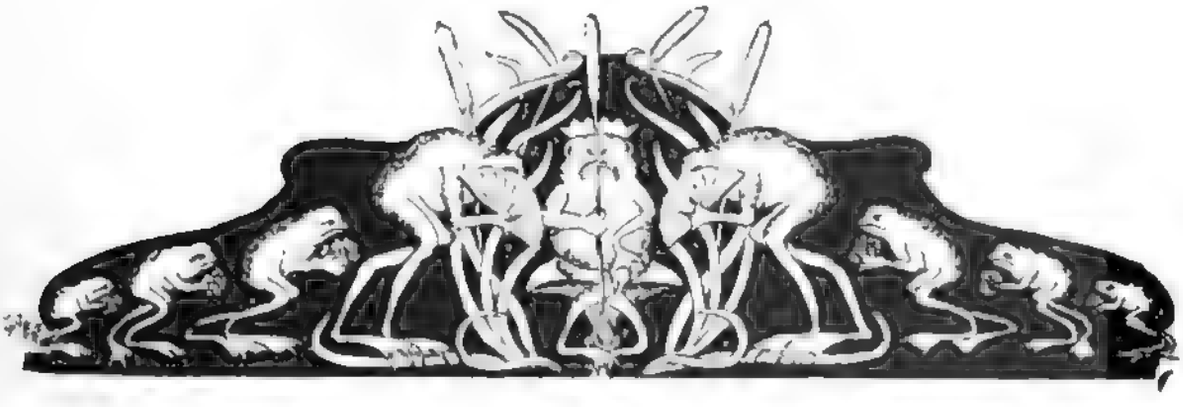
The high standard of excellence which Messrs. Charles Letts and Co. have attained with their diaries is fully maintained, and their various publications in this line should command a ready sale. The two distinguishing features, namely, the Insurance Policy and the Patent "Self-Opening" Tablet, have been retained, the insurance having been increased from £500 to £1,000, whilst the conditions attaching thereto have been made even more liberal than before. Amongst the many useful compilations may be mentioned the Cyclists' and Photographers' Pocket Diaries, both of which contain a wealth of information, and have the additional recommendation of being wonderfully cheap.



# Physical Culture in Denmark.

THE Danes have always been noted for their splendid physique, but we in this country rarely have the opportunity of judging for ourselves the real standard which has been attained in Denmark. True, we have had lately amongst us one or two very fine specimens of manhood, which have been giving us examples of their skill in the art of diving. It is with great pleasure, therefore, that we place before our readers a few particulars concerning some of the very best known Danish athletes, together with photographs, which have been forwarded by an esteemed correspondent.

HOLGAR NEILSEN.

P. JACOBSEN.

Mention is first made of Mr. Eugen Schmidt, who for many years has been one of the leading sporting men in the country. A fine all-round athlete, he has specially devoted his time to encourage the organisation of clubs for all branches of sport, and thus given young Denmark the benefit of his wide experience, gained during his travels in all parts of the world. It was not without many set-backs that he succeeded in founding the Danish Idraets Association, which, from a small organisation, has grown until now it is the largest club of its kind in the country, embracing, as it does, every branch of physical culture and sport. One branch of the Association is known as the Danish Athlete Union, which consists of all the clubs devoted to weight-lifting and wrestling. The president of this branch is Mr. H. Tiedemann, a post which he has occupied since the formation of the Union, and to whose efforts is mainly due the alteration from what has been proved to be a wrong idea to a proper system of physical exercise. Mr. Tiedemann has also for many years been chairman of the most prominent amateur wrestling club, known as the "Hermod," which has had the honour of including amongst its former members such famous men as Bech Olsen and Cammillus Evertsen, both of whom have now embraced professionalism, whilst the list at

the present time includes Messrs. Egeberg and Alquist, the Amateur Wrestling Champions of Europe. It is interesting to know

H. TIEDEMANN.

that this club exercises daily under the Sandow system, which is also made a feature of all public displays. In 1903 a competition was held to decide who was the most symmetrically-developed man in Denmark, the vote ultimately going to Mr. Egeberg, amongst other prize-winners, whose portraits accompany this article, being Messrs. Hjalmar Jacobson, the Danish Weight-Lifting Champion, who has the distinction of having introduced into Denmark Indian club swinging and hammer throwing, and Mr. Holberg, the Danish Boxing Champion, both of whom train under the Sandow system.

So successful was the competition that a second was held in September of last year, when, as judges, were secured the services of the famous sculptors, Messrs. Stephen Sinding and Mr. Bundgaard; the painter, Mr. Oscar Mathiesen, and the physicians, Dr. Möller and Dr. Frode Sadolin, the last-named being one of the most famous propagators of personal hygiene. This time Mr. J. P. Muller was declared the winner of the first prize, Mr. Egeberg having to be content with second place.

One seldom finds such an array of athletic qualifications in one man as are possessed by Mr. Muller. He is thirty-seven years of age, and is an adept at nearly every kind of sport, having held the title of Danish Champion for walking, running, rowing, throwing the discus, throwing the hammer, putting the 56 lb. weight, swimming, and plunging. He has for many years trained under the Sandow system, and in a recent letter to Mr. Sandow mentioned that he was in the habit of doing the abdominal exercises Nos. 14 and 15 no less than 100 times daily, and thereby producing what is almost an abnormal development of the lower portion of the chest, as can be seen from the accompanying photograph. We do not here advocate this abnormal development, the principles of the Sandow system being rather the production of a symmetrical whole, and it has always been our endeavour to avoid, as much as possible, the abnormal development of any one muscle or set of muscles to the detriment of others.

EUGEN SCHMIDT.

Another prominent athlete is Mr. Holgar Neilsen, who is a lieutenant in the Danish Artillery, and who has the distinction of

J. P. MULLER AND SOME OF HIS MEDALS.

being the first to introduce athletics in the schools, and also gymnastic and athletic rivalry amongst the various schools in the kingdom, these competitions being under the patronage of King Oscar.

Mr. Neilsen it also tutor to the Royal princes, who should, under his guidance, be able to fully maintain the high standard of physical excellence for which their antecedents have always been held up as excellent examples.

"The Twentieth Century," a Danish illustrated weekly paper, recently published a brief but interesting comment upon Mr. Muller. as follows:—

"THE BEST DEVELOPED MAN IN DENMARK.

"This enviable title of honour was last Sunday assigned to Mr. J. P. Muller, at the competition held by the 'Danish Athlete Union.' I must confess that I was immediately affected by a deep envy, seeing this splendid bronze-coloured man, tall and straight as a Grecian statue, with muscles sparkling and agile, with dignity of carriage, a fine example of manly grace and vigour.

"Mr. Muller is, in short, a first-rate

THE PRIZE WINNERS AT THE DANISH ATHLETIC UNION'S FIRST PHYSICAL CULTURE COMPETITION.

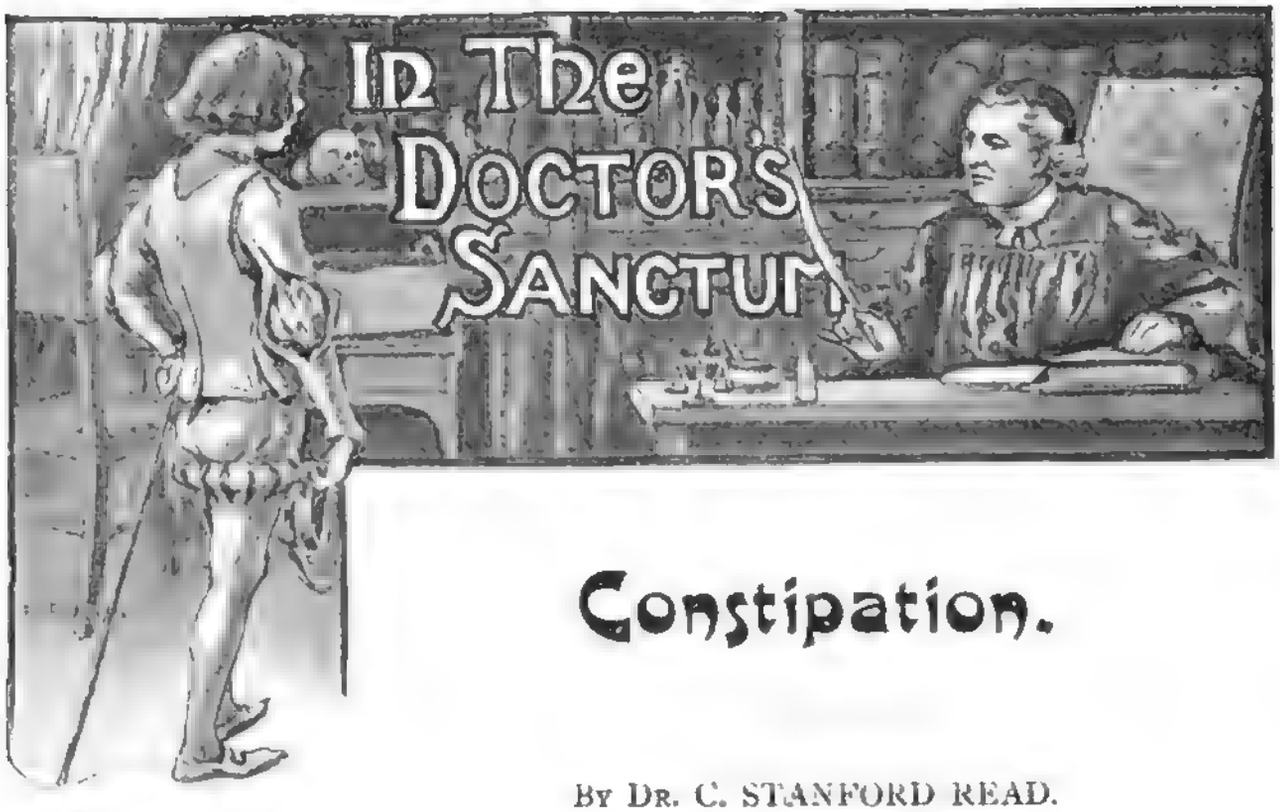
H. EGEBERG. H. JACOBSON. V. HOLBERG.

æsthetical treat. If I was 'Ministerial-Chief-Gymnastic-Alderman' *(sic)* I would arrange a great procession through the metropolis with the god Muller seated high upon a carriage, decked with flowers, and drawn in state by the four other prize-winners.

"They should be to the weaklings of Copenhagen an object-lesson in the necessity of nerving themselves, breathing deeply, practising swimming, running, kicking the ball, wrestling, and going to bed at regular hours, without one, two or three Bavarian beers rummaging the brain. But unfortunately I have not the might to carry this idea through. I must be content to congratulate the fine strong men for their great example, and the expression of the hope that their counterparts may appear in future generations, so that the weaklings may at last be in the great minority.

"A Man of 105 lbs."

J. P. MULLER.




# Constipation.

By Dr. C. STANFORD READ.

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THIS failure of nature to relieve the lower bowel of the waste material of the body regularly is so common and so fraught with danger to health that it becomes important to all to understand the main factors underlying this condition, and thus to learn how to successfully and scientifically combat it.

Sufferers from constipation usually resort to the use of more or less strong purgatives for relief—a practice which must be much condemned—and though the aid of suitable medicine is often necessary, it is, in the majority of instances, the least important part of the treatment. Let us now briefly classify the various causes of constipation.

Roughly, the causes may be arranged under two main heads: (1) Lessened expulsive power; (2) increased resistance.

(1) The diminished expulsive power may be in the peristaltic action of the intestine or in the action of the diaphragm and abdominal muscles. This diminution of the power of the intestine is rarely due to any weakness of the muscle itself, though it is quite possible that the presence of lime-salts in drinking water (a powerful cause of constipation) so acts upon the muscular fibres of the intestine as to render their contraction slower than normal. As a rule, this loss of expulsive power of the bowel is due to alteration in its nervous supply, as is seen in cases of mental fatigue, nervous breakdown, etc. Diminution in the power of the abdominal muscles may be due to distension from too much fat or due to malnutrition consequent upon insufficient exercise.

The natural stimulants to the intestine may be at fault, such as the solid residues of food, or the distension by gases. A small quantity of soft and easily-digestible food entering the bowel naturally exercises a much less powerful stimulus than if it were abundant and contained a good deal of hard residue. Too bulky and indigestible a food is apt to cause diarrhœa, after which not unlikely constipation will follow as a reaction. The same condition is liable to occur to those who are accustomed to take strong purgatives. One very common cause of constipation is the nervous torpor due to habit, for

the habitual disregard of the natural call to evacuate soon leads to a want of sensitiveness to it and to constipation as the result. The introduction of food into the stomach acts as a stimulant to the bowels, and the natural time for evacuation in most people is after breakfast, when the morning stimulation of the food after a long rest leads to accumulated waste matter passing into the rectum. Such calls are not infrequently disregarded from misplaced modesty, want of time, etc., and so the tendency to constipation set up. Pre-occupation of mind by thought or emotion may also interfere, with the same result.

(2) Increased resistance may occur from: The altered condition of the waste matter, such as dryness, hardness, or bulkiness. Dryness may occur from too little liquid being drunk, or from increased excretion of water from the kidneys, and perspiration from excessive exercise may dry the contents of the bowel. Delay in evacuation also causes absorption of the watery part, and thus dries and hardens the intestinal contents. Milk, when drunk in large draughts, from the matting together of stringy undigested casein, tends to form hard matter and so constipate. Another cause under this heading is peculiarity in the quality of the water drunk. People living on a chalky soil and drinking hard water are very apt to suffer from this trouble. Exercise has much to do with the movements of the bowels. Want of exercise tends to cause constipation, partly because the bowels do not get a mechanical stimulant applied to them by the contraction of the abdominal muscles. The kind of exercise taken, however, is of no little importance. In ordinary walking on the flat, the bowels get little mechanical stimulus, because nearly all the exertion is taken up by the muscles of the leg and back, but on walking up an incline, and in many of the Sandow movements, the bowels undergo alternate compression and relaxation which has a powerful stimulus upon them, as they are squeezed between the diaphragm and abdominal muscles. Disease in various forms may cause increased resistance, but such does not enter into our province here. In a few words, how can constipation be treated without the taking of drugs?

As will have been seen by the foregoing, the establishing of a *habit* is a great thing, and this should be established at a time that will not interfere with the day's avocations. Then the *diet* is of supreme importance. Oatmeal for breakfast is a good laxative, and especially so if taken with treacle. Wholemeal and brown bread act much in the same way. Many vegetables and fruits leave a good deal of indigestible matter and so help; many green vegetables also being useful by forming a good deal of gas in the intestine. The amount and kind of *water* drunk is also important. A tumblerful of cold water at morning and night is often efficacious, but those who live on a chalky soil will do well to remember to remove the lime from the water, first by boiling it and afterwards aerating it. Want of *exercise* constipates, as has already been pointed out. To do good the exercise must be brisk. *Massage* is often of great benefit. The abdomen should be gently rubbed in the direction of the hands of a watch, night and morning. The application of wet compresses to the abdomen two or three times a day, and sitz baths, followed by suitable exercise and drinking water, is beneficial, though it is difficult to get patients to take so much trouble. To conclude, one must state that there are many cases where certain drugs are needful to aid nature, but great discrimination is required in their use, and should only, in most cases, be administered when prescribed by a medical man, or much harm may ensue.

A DANCING GIRL.

# Physiognomy v. Phrenology.

By HOWARD H. HELY, B.A.

THE physical culturist who takes an intelligent interest in all that appertains to the body, knows that there is an intimate relation between the health of the body and the beauty of the human face. He realises that Dame Nature can paint the face of her earnest suppliant with colours which can only be feebly imitated by those who rely on the aid of cosmetics, and that the magic charm which health alone can impart to the countenance is the reward of those who bring their bodies into subjection to her laws.

But from regarding the face as an index of health, it is a step further to realise that it may be an index of character and mental capacity. It is on this assumption that physiognomy rests its claim to be considered, if not a science, at all events, as a branch of knowledge of some value. It is carefully to be distinguished from phrenology, which is defined as: "The theory that the various faculties and powers of the mind are connected with certain parts of the brain, and can be known by an examination of the outer surface of the skull." Physiognomy, on the other hand, professes to determine, more or less accurately, a man's moral and intellectual character from the form and expression of his countenance as well as the shape of his head. It follows, then, that while the size and shape of the head comprise only a part of the stock-in-trade of the physiognomist, with the phrenologist they are everything. The latter bases his so-called science upon the supposed relation between the external shape of the head and the brain which it envelops, and the hypothesis that, instead of the whole brain acting in each case, separate parts of the brain are involved in different mental acts. I shall endeavour, then, in this article to discuss the separate claims of the two sciences to be worthy the attention of serious men and women.

Phrenology, in its practical shape, owes its origin to the physician, Gall, who was born in Germany in 1758. He lectured extensively on his favourite subject, and at his death, in 1828, had secured numerous adherents throughout Europe. Since that date, however, phrenology has not been able to hold its own against the increasing scientific knowledge of the times, and is now, in the opinion of many, on a level with palmistry, graphology, and such like branches of knowledge.

It may be well at this point for the reader to have some idea of the appearance which the brain would present, if disclosed to his view. The greater part of the skull is filled with a mass of white nerve matter. This is covered to the depth of an eighth of an inch by a coating of grey matter, which does not present a smooth surface, but is traversed by indentations more or less deep, thus giving the brain a furrowed appearance. These ridges are called convolutions, and on their extent and depth much depends. The whole brain is divided into two halves or hemispheres, nearly separated from each other by a deep fissure. If a shelled walnut be divided and the two parts placed loosely together, the reader will have some idea of the general appearance of the brain and its convolutions.

It has been proved that the higher we ascend in the scale of humanity the more numerous are the convolutions of the brain, and that the brain of a man has more convolutions than that of the ape or other animals. It follows, then, that one brain may be larger in bulk than another and yet more simple in construction, with the result that the smaller brain may have a greater extent of surface than the larger one. This

important fact may be illustrated by the story of the Scotchman who said that his country would be as large as England if it were rolled flat. We see, then, that mere size is no safe criterion of brain capacity. This consideration affords, to my mind, the chief objection to the theory that brain power can be ascertained through external manipulation of the skull. It is evidently impossible for the phrenologist to tell whether one brain is more convoluted than another.

If we examine a collection of skulls we find that not only do they differ in thickness, but also that the walls of individual skulls do not preserve an equal degree of thickness. Consequently one head may be larger than another owing to this fact, and not to superior brains. Indeed, it seems likely that the size and shape of heads are to some extent relative to the size and shape of our bodies. I have observed that men with large massive bodies often have large massive heads. If we consider also the fact that the different acts of our bodies have their origin in the brain, what could be more likely than that a huge frame should require a large brain apparatus to control it? I remember reading how strange we should all look if different heads were placed on different bodies. For example, if Mr. Balfour's head were placed on Sir William Harcourt's shoulders, or vice versa. This would seem to indicate that there is some relation between the head and the body independent of intellectual power.

Further, not only do the walls of the head differ in thickness in different parts, but the protuberances and swellings more or less evident may be explained without any reference to the enclosed brain. To go more into detail: The familiar lump or swelling behind the ear, which differs in size in different individuals, is called the "mastoid process," and is connected with the economy of hearing; the more or less well-defined protuberances over the eyes are called "frontal sinuses," and are air cavities supposed to act as resonant chambers for the voice. That a certain resemblance in this part of the forehead may be traced in the case of some celebrated men I do not deny, but the fact, if true, is not to be explained by phrenology. Again, most persons are aware of a kind of lump at the back of the head where it joins the neck. This, too, is merely a thickening of the bone, and is explained by the fact that the bone forming that part of the skull takes its origin from it. The same physiological fact will sometimes account for cases of unusual development of the temples.

Some further objections to phrenology are given by Dr. Edridge Green in "Memory and its Cultivation": (1) Variations in the shape of the head are often due to accident or disease; (2) a large portion of the brain cannot be reached in any way: (3) the external surface of the skull cap does not, in many cases, correspond to the internal plate. To these may be added that the particular localisation of the brain functions adopted by the phrenologists, has not yet, so far as I know, received scientific sanction.

It remains now to consider the validity of the second assumption on which phrenology is based—the assertion that the brain is a multiple organ. The investigations of modern physiologists prove that the right side of the brain controls the left side of the body, and vice versa; while, at the same time, a relation has been established between definite acts and senses of the body and definite areas of the brain—e.g., when a certain convolution is impaired we lose the sense of articulate speech, and if other parts are affected certain bodily actions cannot be performed. It may be remarked here that this part of the subject concerns the surgeon rather than the phrenologist, who treats of the will and intellect. It, however, affords strong presumptive evidence that when some of the faculties of the brain can be located, the rest of them may be also.

While the intellectual parts of the brain have not come sufficiently within the sphere of science to enable us to determine whether they are multiple or no, many reasons can be adduced which go far to prove that they are so. I state some of them, as given in "Memory and its Cultivation":—(1) Undoubted cases of hereditary genius; (2) the great difference in character and inclinations shown by children who have been under exactly similar external conditions;

(3) the original bent of the individual will often conquers the most adverse circumstances in a way that a mere wish would never do; (4) we cannot substitute one faculty for another, as the function for each is separate and distinct; (6) genius is, in most cases, partial; (7) that the brain is made up of a number of ultimate faculties is the simplest plan to adopt; (8) the faculties are not developed at the same rate at different periods of life; (9) congenital deficiency—idiots, though deficient in most of their faculties, occasionally show a remarkable aptitude for some particular pursuit—and (10) insanity. In the insane it is rare to find all the faculties equally disordered. Before closing the case for phrenology, it may be well to notice the fact that many persons will claim that they have had their characters truthfully delineated by phrenology. It may be answered that it would certainly be strange if the phrenologist did not occasionally hit on the truth from the mere doctrine of chance, and that much of his apparent success is probably founded on the tendency of the ordinary individual to found a general proposition upon a few instances, without noting the exceptions. We are so delighted to find some of our traits accurately, or, perhaps, flatteringly depicted, that we are not eager to notice the weaker parts of the delineation. I do not attach much importance to those sketches of the characters of great men, which phrenologists often indulge in—it is so like being wise after the event.

Whenever we meet two persons whose faces are very much alike, we are apt to regard the circumstance as remarkable, and in one sense it is so, being outside the run of our ordinary experiences. A little reflection, however, will show that the wonder really consists in there being few such cases. It is, surely, one of the most extraordinary facts in creation that there are millions of persons in England whose countenances are quite unlike, although they possess the same number of features, and that, if we go further afield, we find that what is true of England is also true of all the different countries of the world. It is further to be noticed that, besides the difference of countenance that distinguishes one person from another, there are the large class distinctions of sex and nationality. And, lastly, when we confine our attention to the face of one person, we notice that it is not always the same, but varies according to age, occupation, habits of life, conditions of health, the feelings and passions. "For every human soul," says the late Canon Liddon, "encased in its earthly prison-house seeks and finds publicity through countless outlets. The immaterial spirit traces its history with an almost invisible delicacy upon the coarse, hard matter which is its servant and its organ. The unconscious involuntary movement of manner and countenance, the unstudied phrases of daily or of casual conversation, the emphasis of silence, no less than the emphasis of speech, help in various ways to complete that self-revelation which every individual character makes to all around, and which is studied by all in each."

It is, then, on this more or less coincidence between the outward expression and features of the face and the character within that the scientific study of physiognomy is founded. It attempts to reduce the rude guesses and intuitive feelings of ordinary men and women to the condition of an exact science, and it is the validity of this process that I now proceed to examine.

Physiognomy, as a science, may be divided into two parts—the anatomy, and expression of the face. The former takes cognisance of the shape and size of the head, forehead, nose, mouth, chin, and lips; while the latter is concerned with the subtle and intangible changes which are wrought upon the human countenance through the agencies mentioned above.

When we consider the features of the face by themselves, it seems that only general results can be arrived at. In the case of successful men of business, eminent scientists, professional men, etc., we find that, for the most part, they possess well-shaped heads of at least average size, while their foreheads will be found to be larger and better-proportioned than that of the ordinary man. Their features, moreover—and this I regard as an important fact—are

generally well-defined, there is an absence of flabbiness and asymmetry. But when we descend to particulars, and endeavour to differentiate between the different heads and faces, and try to make each feature account for a certain amount of character and intellect, I think that we court failure. The heads and features of clever men vary considerably. There are a number of foreheads different in shape which are entitled to be called good. I should not like to stake a man's character or intellect upon the exact size of his eye, chin, nose, etc. We can hardly go further than to pronounce that distinct and symmetrical features joined to a well-proportioned head are more usually met with among persons of intellect and character than among average persons.

A far more useful guide is the expression. Mantegazza, the Italian writer, has devoted a book to physiognomy and expression, in which he insists on the great importance of expression as a guide to character and intellect. In that work he attempts an elaborate classification of the expressions. For example, in the domain of the passions, we find the expressions of melancholy, cruelty, luxury, pride, worry, humiliation, joy, and many others. We are all familiar with the intellectual expression of profound thought or of bright activity. Expression is a better guide to intellect than the shape of the features and contour of the head. We sometimes come across a man who, in spite of his large forehead, we know to be average in intellect. Such a person will probably have a dull expression. May it not be that we can tell something of the convolutions of the brain through the expressions? A highly-convoluted brain, although in no wise affecting the shape of the head, may make its presence felt in the intellectual face, or in the eye of genius.

Those who have had to do with children will not need reminding how much they are given to reading the varying expressions which they perceive on the countenances of their elders. The little child, while yet unable to speak, and with imperfect understanding of the spoken word, eagerly reads the faces of its parents, and yields its obedience to the expression it finds there, rather than to the word of command.

In conclusion, while acknowledging the underlying truths of physiognomy, I do not see how it can be reduced to an exact science. The different features and a multitude of expressions may be noted, but it is doubtful whether, from the information gained, a series of rules can be deduced to enable the student to label his fellow-men into certain classes.

Physiognomy is largely a matter of feeling, and the physiognomist must be possessed of certain feelings and habits of thought as well as character, not to be acquired on the spot; for the true physiognomist, like the poet, is born, not made.

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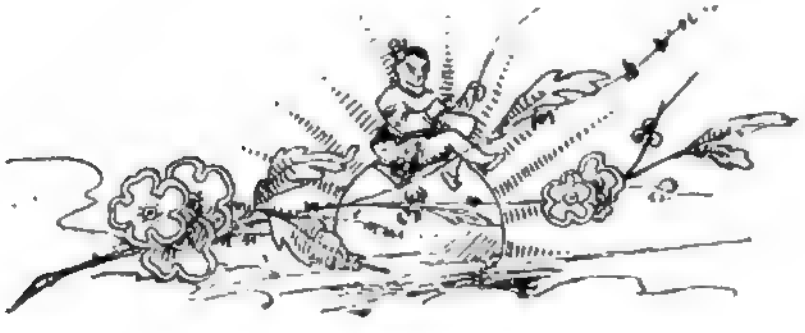

THE great usefulness of physical training is rarely realised by the fair sex, until some remarkable example is brought before them, and no stronger argument could possibly be put forward than an incident that occurred recently.

A young lady, named Miss Eve Adelaide Goss, the daughter of a prominent manufacturer of Stoke-on-Trent, undoubtedly owes her life to her athletic training, as, during a railway journey from Alsager, near Crewe, in a tunnel on the North Staffordshire Railway, she experienced a terrible struggle with a lunatic, who, whilst the train was in motion, entered the carriage in which she was seated alone, and attacked her with great violence.

The young lady made a vigorous resistance, but so desperate was the struggle that her strength began to give out. She succeeded, however, in defending herself until the train neared Chatterly Station, where the madman having seized her jewels and purse, opened the carriage door, and disappeared into the darkness. Miss Goss succeeded in pulling the communication cord, but the strain on her nerves had been so terrible that she was found in a state of collapse. Undoubtedly, but for her sound physical condition, the consequences would have been far more grave.

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Fresh air, simple gymastics, emancipation from corsets, and a common-sense diet, were the means by which Miss Annie Oxley, of Sheffield, was enabled to win the championship of England in the recent physical culture competition at Leeds.

She devoted from ten minutes to three-quarters of an hour a day to physical exercises, followed natural hygienic principles of living, and slept with the windows of her bedroom wide open.

Finding that the "bending" exercises could not be performed properly while wearing corsets, Miss Oxley discarded them. She is now firmly convinced that they are unhealthy and unnecessary, restricting natural breathing and preventing proper circulation of the blood.

Miss Oxley practised simple breathing exercises—a series of trunk movements intended to increase breathing capacity—and other exercises which strengthened the various muscles.

By persistently practising these exercises, Miss Oxley gained in six months three inches around the hips, an increase of one

inch in chest expansion, and a general increase on all the limbs.

Her diet is plain and varied. She has devoted some of her time to walking, cycling, and swimming.

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With the dawn of the twentieth century it is pleasant for the true lover of his race to see woman resigning her position as a mere drawing-room ornament, and developing into a really useful, though none the less ornate, member of society. Surely the days are now gone for ever when woman aimed at a pale and wan complexion, when ill-health was considered "interesting," when women were afflicted with "the vapours," and swooned on the smallest provocation, and when damozels like Isabella spent their time and tears over pots of basil, or in plying the sampler, and teasing the housewife's wool for lack of any healthier occupation.

A little healthy outdoor exercise in those olden days would, we feel sure, have afforded much happiness to many tragically celebrated personages, though what was thus gained to humanity might have been lost to literature. Had Romeo and Juliet possessed a pneumatic-tyred tandem; had Isabella cultivated her bike rather than her basil; or had Ophelia thought less of Hamlet and more of hockey, their ends, though possibly accidental, might have been less tragic. Leander showed a good example by going in for long distance swimming, but he went to extremes, and was lost.

The number of girls and young women who go in for physical culture nowadays is increasing, and in consequence there are fewer of those chronic invalids who spend their lives between the bed and the sofa, with an occasional hour of glorious life in a Bath chair. Invalidism of the merely "interesting" is no longer admired, and girls with a tendency to hysteria, spinal irritation, or neurasthenia no longer command and engross the sympathies of a crowd of anxious relatives. It is well known to physicians that the two most widely spread causes of disease in women are overwork and underwork (idleness). The rich do not suffer from the former, nor the poor from the latter.

Want of physical or mental employment is the curse of the well-to-do. The poor never suffer from spinal irritation or neurasthenia; they simply cannot afford to. It is an expensive disease, and is to be seen in all its glory and tropical luxuriance among the fair women who toil not, neither do they spin, even on bikes.—*Health.*

* * *

The *Daily Mirror* has obtained some very interesting information with regard to the system followed by many of our leading actresses for the purposes of maintaining their health, and with it, their complexions.

Our contemporary says that without exception every actress was agreed as to the absolute necessity of spending a certain time in the fresh air, and of indulging in some form of exercise. Baths every day were, of course, taken for granted, and there was a general unanimity in favour of warm baths followed by a cold douche.

Miss Ellaline Terriss stated that beyond her faith in all outdoor exercises for the preservation of her health, she paid no particular care to her complexion. Miss Constance Collier was in the same category, her remark being: "I really take no pains to keep my complexion in order, except that I walk and ride a good deal." Miss Sarah Brooke believes that a perfect digestion is the real secret of a good complexion, together with a simple diet; whilst Miss Charlotte Granville maintains that the best preservative is two meals a day and plenty of vigorous exercise. A summing up of the whole matter serves to prove that the rules prescribed by the majority of those who possess good complexions are founded upon the right principles of hygiene.

* * *

Mrs. Muller, wife of the winner of the competition held this year for the best developed man in Denmark, of whom mention is made elsewhere in the magazine, sends me a photograph of her son, Ib Palle Muller, three and a half years old, who already is being trained under the Sandow system, and thus early shows signs of being a worthy descendant of his athletic parents. His

measurements, taken on his third birthday, were as follows:—

| | | |
|---|---|---|
| Height | 41 | inches. |
| Chest expanded | 23¾ | ,, |
| Chest contracted | 22⅝ | ,, |
| Neck | 11 | ,, |
| Biceps | 8 | ,, |
| Forearm | 7⅝ | ,, |
| Wrist | 4½ | ,, |
| Waist | 21⅛ | ,, |
| Thigh | 14 7/16 | ,, |
| Calf | 9⅜ | ,, |
| Ankle | 6 1/16 | ,, |
| Weight | 44 | lb. |

* * *

Some of the strongest arguments in favour of physical culture for women are set out in a contemporary in the reply to Miss Hepworth Dixon's tirade by a doctor, from which we make the following extracts: "At the close of her humourous and slightly satirical article on the Physical Culture Craze Miss Hepworth Dixon remarks that on this subject 'the medical profession smiles, but remains inarticulate.' Good cause have they to smile, but the reproach of silence is hardly merited.

"My own professional experience, extending over thirty-seven years, recalls a perpetual protest against sloth and its twin brother, over-eating; and a pleading that clothing should be designed to suit the requirements, hygienic and æsthetic, of the body, instead of the body being tortured into misshapen moulds to suit the predilections of tasteless and ignorant creators of costume.

"Until recent years the public have been deaf to all such preaching. There are still far too many who would as soon challenge the right of the King to his crown as question the absolute wisdom and rightness of whatever Fashion chooses to dictate.

"Such people will never listen for one moment to the warnings of the mere physician or the contemptuous derision of the mere artist.

"There is, however, an evident awakening of common sense in many quarters, which is welcome to all who desire the welfare, health, and cleanliness of their fellow-creatures.

IB PALLE MULLER (3½ years old).

"Miss Hepworth Dixon says: 'It would seem indeed as if the weaker sex were determined to be no longer feeble.' I welcome the remark with 'a deep amen.' Why should the sex be feeble? Is feebleness in art, in music, in literature, in anything under the sun a commendable quality?

"The feebleness of the modern woman is entirely artificial, and produced by prolonged defiance of Nature's laws, as every physician knows full well.

"I wish to keep well within the mark when I say that of women, at or past the prime of life, who have ever consulted me, three out of four were suffering from ailments (which this is not the place to particularise) directly induced by a hideous triple alliance—lack of exercise, redundant diet, and the conventional corset. Nothing can be done to *cure* these misguided victims; mitigation is all that can be hoped for.

"With the young it is different. They can be trained in saner paths, and I rejoice that there is a marked movement in that direction. I quite agree with Miss Hep-

worth Dixon that to stand on her head is not a desirable accomplishment for any woman, but I would add that to stand on undeformed feet, and to know how to use them, is eminently desirable.

"We talk about 'The Physical Culture Craze.' If I may be pardoned a *tu quoque*, I would suggest 'The Physical Perversion Craze' as a fit title of the cult now, let us hope, on the wane. The really crazy people are those who think that they can pooh-pooh physiological laws with impunity, and that Nature's ideal can be improved."

* * *

Sir Henry Thompson, the veteran surgeon, who has just completed his eighty-third year, speaking on the subject of athletics for women, expresses the belief that "exercises of all kinds in moderation are suitable for healthy women. Fencing, for instance, is one of those which is quite good for the sex, and I have frequently ordered it. Extension exercises, too, of all kinds are excellent, and riding I have often prescribed. Regarding games, cricket perhaps is not quite the thing I should recommend, as the feminine dress is ill-adapted for running purposes. Golf I consider to be dull, personally speaking, but for those interested in it it is well enough. Swimming, on the other hand, I consider to be a capital recreation.

"I am always trying to impress upon women the necessity of, so far as they are able, using the left hand and arm equally with the right. They should, I consider, constantly be practising manual dexterity in this direction.

"There is one thing I greatly regret to say of English women, and that is that they cannot walk—at least, not one out of every ten or fifteen one meets down Bond Street understands the art properly. The majority walk with their shoulders, swinging their arms to get their body in motion. So many people walk like that, and it is perfectly painful to watch them. Ever so many of our women, too, suffer from curved spines, very few being able to boast of a straight back. The head should be always up, and not poked forward as one so constantly notices. Many public speakers you will observe poke their heads forward when addressing their audience as if they were anxious to get six inches nearer to the people they are talking to. The breath should go straight to the mouth, and this can only be done by carrying the head correctly. French women, on the other hand, walk well, and this I put down to the fact that they generally receive in their youth military instruction from the fencing master in this direction. Their English sisters should follow their example, and take lessons in the art of carrying and holding themselves. A graceful carriage is singularly desirable."

* * *

Those acquainted with Scandinavian folklore will have noted how many points relating to marriage turn upon the bride's endeavours to get her husband to do something implying future subjection to her will. Thus, if a Swedish bride drop her handkerchief and the bridegroom, from politeness, stoops to pick it up, his act is regarded as an omen that he will play second fiddle during his married life. The English bridegroom, notwithstanding his innate politeness, would, I fear, leave the handkerchief on the ground if he thought for a moment he would be under petticoat government.

* * *

A fresh calling appears now to be open to women, and one which, from all accounts, tends to improve not only the health but the figure. The young women of Ightham rang the bells on November 9 in honour of the King's birthday, and when the Lord-Lieutenant of Ireland and Lady Dudley visited Coleraine last year the bells of St. Patrick Church pealed out a hearty welcome. They are rung regularly by a band of women, under the captaincy of Miss Giveen, and it greatly interested the Vicerein to hear that the performers were of her own sex.

* * *

Correct breathing is the first art which every woman should cultivate in the pursuit of beauty, just as it is the first step towards improvement in health. As a woman breathes so she is; for the poise of the chest

is the keynote to the whole figure. When the chest is in proper position the fine points of artistic wearing apparel and all the little frills of fashion are seen to best advantage. Even humble materials assume a certain elegance hitherto unknown. But if it is carried badly the figure droops and falls into ugly angles. Nothing sets well; no garment seems right. It is always wrong to make the bone structure do most of the work in keeping the body upright. The muscles should hold in position, otherwise grace is out of the question, and good health difficult. To breathe correctly, keep the chest up, out, forward, as if pulled up by a button. Keep the chin, the lips, the chest, on a line. Hold the shoulders on a line with the hips. The observance of these directions will ensure even to golf skirts and rainy-day costumes a real dignity and picturesque effect. Breathe upward and outward, as if about to fly, drawing in the air with slow, deep breaths, and letting it out gently.—*Health.*

* * *

Miss G. Allcock read a paper recently before the Birmingham Natural Health Society, at the People's Hall, Hurst Street, on "The necessity of physical culture for women." Through unnatural modes of living, she said, women of to-day compared unfavourably with those of centuries ago. What we wanted to see was a girl with an erect form, good chest, a buoyant walk, clear, bright eyes, light heart, and a cheerful mind—a combination of characteristics which would win the admiration of all with whom she came in contact. Free movements for about fifteen minutes on retiring at night, or on rising in the morning, deep breathing several times a day when in the open air, and correct carriage in walking would go a long way to achieve an ideal healthy state.

# THE ROARIN' GAME

BY DONALD MACRAE

"SOOP, mon, soop; soop her up!" The words ring out on the cold, frosty air, and amidst the utmost excitement brooms are busily plied by vigorous arms, clearing the way for the curling stone that comes merrily bowling along. They are sturdy chiels, these doughty men of Caledonia, whom we find engaged in a curling match this winter morn, for the game of curling may be truly called the national winter game of Scotland. True, it has of late years been played occasionally on this side of the Tweed, but the game is peculiarly Scottish in its origin, as all the terms associated with it indicate. And to see it played with proper skill and the greatest enthusiasm, one must travel into North Britain.

"The roarin' game," as Burns styled it, dates back, so far as can be known, for at least three hundred years, though many of the words used in the game, such as bonspiel, kuting, tee, etc., suggest Teutonic origin. So far as we can know exactly, however, the credit for originating the game as it at present exists belongs to the hardy Scots. In its primitive style, it was a simple affair, requiring, however, both great strength and dexterity. A large stone, polished comparatively round by some torrent, stream, or river, was selected, with a couple of niches on each side for the thumb and finger. A mark, or, as it is technically called, a tee, was placed on the ice, and the player sent his stone swirling along the ice towards this object. Later, huge, rough blocks of granite, or whin boulders, were employed, there being no rule as to weight.

All sorts and conditions of curling-stones were employed, and it has been placed on record that one giant used a stone weighing no less than 200 lbs. Stones of 60 to 70 lbs. weight were common, and there is still in existence an old curling-stone that weighs 117 lbs.

Gradually, however, the curling-stone became more adapted to a civilised age, and the game was put on a more methodical basis. At last, in 1838, was founded the Grand Caledonian Curling Club, with power to frame rules and regulations for governing the game at home and abroad. This organisation has done much to popularise the game since then, and after a visit of the Prince Consort and the late Queen to a curling match under its auspices, the Prince agreed to become its patron, and graciously granted his permission to use the word "Royal." So that, like golf, Scotland's other great pastime, curling may now be called a Royal game, and its chief centre, at Edinburgh, is known as the Royal Caledonian Curling Club. This club is still doing much to popularise the sport in England, Canada, and elsewhere, and has arranged for annual International matches between the curling clubs of the world.

Ice, artificial or otherwise, is, of course, the first essential to curling, and the curling-stone the second. The modern curling-stone is an aristocratic affair compared with its predecessor. Each curler must provide himself with two curling-stones as nearly as possible of equal weight, and the cost of these varies in price from as low as thirty shillings to almost any price. In fact, some enthusiasts will pay from £10 to £20 for a fancy pair. The handles to these will probably cost about ten shilings to fifteen shillings more. The best stones are said to come from the island of Ailsa Craig, and after them the stones of Crawfordjohn and Burnock Water are mostly sought.

The curling-stone of to-day is, according to the rules of the governing body, never allowed to be of a greater weight than 44 lbs. The first player in a team uses, as a rule, a stone somewhere from 40 to 44 lbs. (including the handle) in weight, the others rarely using a stone of greater weight than 35 or 36 lbs. Each stone has two sides, one nicely polished and curved in such a way that it travels best on soft or crumbly ice. In some cases, a small hollow is scooped out, and the stone, travelling on the rim, is believed to take a better hold of the ice. The dull side of the stone has a larger hollow, ranging from 5 to 7 ins., and is used on good ice. The circumference of the average stone varies from 30 to 36 ins. In addition to these stones, the curler's equipment necessitates a broom, for the purpose of "sooping," or sweeping the ice, when it is necessary.

A rink game to-day is played between teams of four, including the "skip," whose duty it is to advise the players and to direct the sweeping. He is the last, or "hin'-hand player." The rink itself is marked on the ice as follows:—

The length of the rink for play is 42 yards, the tees being 38 yards apart. The curler occupies a small circle behind a larger circle 7 ft. in radius, drawn round the tee. The two skips toss for right to play first, and then the "lead" of the first team sends his stone hurtling towards the other tee. It is considered best for the "lead" to keep his stone on the near side of the tee, as then it may be pushed nearer by a following player. Sometimes, however, it is sent flying "oot o' the hoose" altogether by a rival stone that comes tearing down the ice like a locomotive. The opposing "lead" now sends his stone down, and tries to get nearer the tee than his opponent's stone. Should a player of either team get a stone into a good scoring position, the skip then tries to get it "guarded" by another of his team. When the three men have done their best, the "skips" follow, and this duel frequently becomes a great struggle of nerve and skill, as the fate of that round or "head" may depend on this last shot. The scores are next counted, all those stones within the 7 ft. ring, or "hoose," being included in the score. The game, in point of fact, has many points of resemblance to bowling, but requires even a nicer calculation and a better judgment in the matter of bias than does the ancient game of bowls. A really clever curler can accomplish some marvellous feats by the manipulation of the wrist, frequently making a stone twist to right or

left to avoid his opponent's guards in a fashion that would mystify the cleverest bowler.

Simple as the game may appear to an onlooker, there is a great variety of points that can only appeal to one who understands the difficulties to be encountered. To send one's opponent's well-placed stones flying out of the 7 ft. circle, or to circumvent a guard and get nearer to the tee, are the great joys of the keen curler. To accomplish the latter feat, a clever master stroke, known as "wicking," or "inringing," is necessary. This means not only the clever displacing of an opponent's stone, but the appropriating of a better position for your own. It certainly is the prettiest and most scientific stroke in the game, and the man who accomplishes it is acclaimed a prince of curlers. The Canadian players have the reputation of being the best masters of this stroke.

There are many curious terms used in the game, which can only be understood after the game is thoroughly mastered and entered into with thorough enthusiasm. These expressions indicate the native place of "Scotland's ain game." A player may be plaintively appealed to to "come wi' a hair o' pith," or he may be begged to "redd the hoose." His skip may ask him to "try a thunderin' cast," to "crack an egg," or "come snoovin' down the howe and chuckle gently to the pat-lid." These strange expressions all indicate points that may turn an apparent failure into a victory. Some few years ago, in a match played at Edinburgh, one side were lying five shots up. The opposing skip, in desperation, tried a "thunderin' cast," with the result that the enemy's stones were sent flying, and the victory went to his own side.

The skip should be treated as the general of an army, and all his requests as if they were Royal commands. If he orders a team to "soop up," let them do so without delay, always being on the alert for his instructions.

Not the least attractive feature of the sport of curling is its levelling powers. The parson and the cobbler, the laird and the tenant meet at the curling rink on equal terms, chaff each other without thought of social position, and frequently abuse each other with a vigour that elsewhere would lead to serious friction. When the fight is over, the rivals generally meet at a wholesome banquet of "beef and greens," washed down with steaming toddy, and toast each other in phrases of the game that sometimes almost attain to the rank and title of epigrams. What, for instance, could one curler wish others better than this: "May curlers on life's slippery rink frae cruel rubs be free!"

# French Women in Sport.*

By C. HOLLAND.

SPORTS and pastimes year by year play a more and more important part in the life of the French women of the present generation, and more especially so in that of the French women of leisure. In fencing, swimming (when she takes this seriously) lawn tennis, riding, dancing, and cycling she has for some years excelled; and to these pastimes must nowadays be added those of motoring, gymnastics (of the more elegant sort), and even hockey. The latter game, it is true, is, so far as we are aware, only played by a few schools, but we shall not be surprised if it becomes a public pastime within the next few years.

The idea of sport in the mind of the average French girl or woman is, however, different to that in the mind of her English sister. With the former, will it add to her charm, grace, and beauty of figure is a far more important matter than will it add to her health and muscle. In fact, should any of the sports to which she has become or is becoming attached suggest to her mind merely a possible muscularity, we have a shrewd suspicion that she would speedily abandon them. She is essentially feminine. She has no desire for large biceps or feet—no craving to compete with men in this regard.

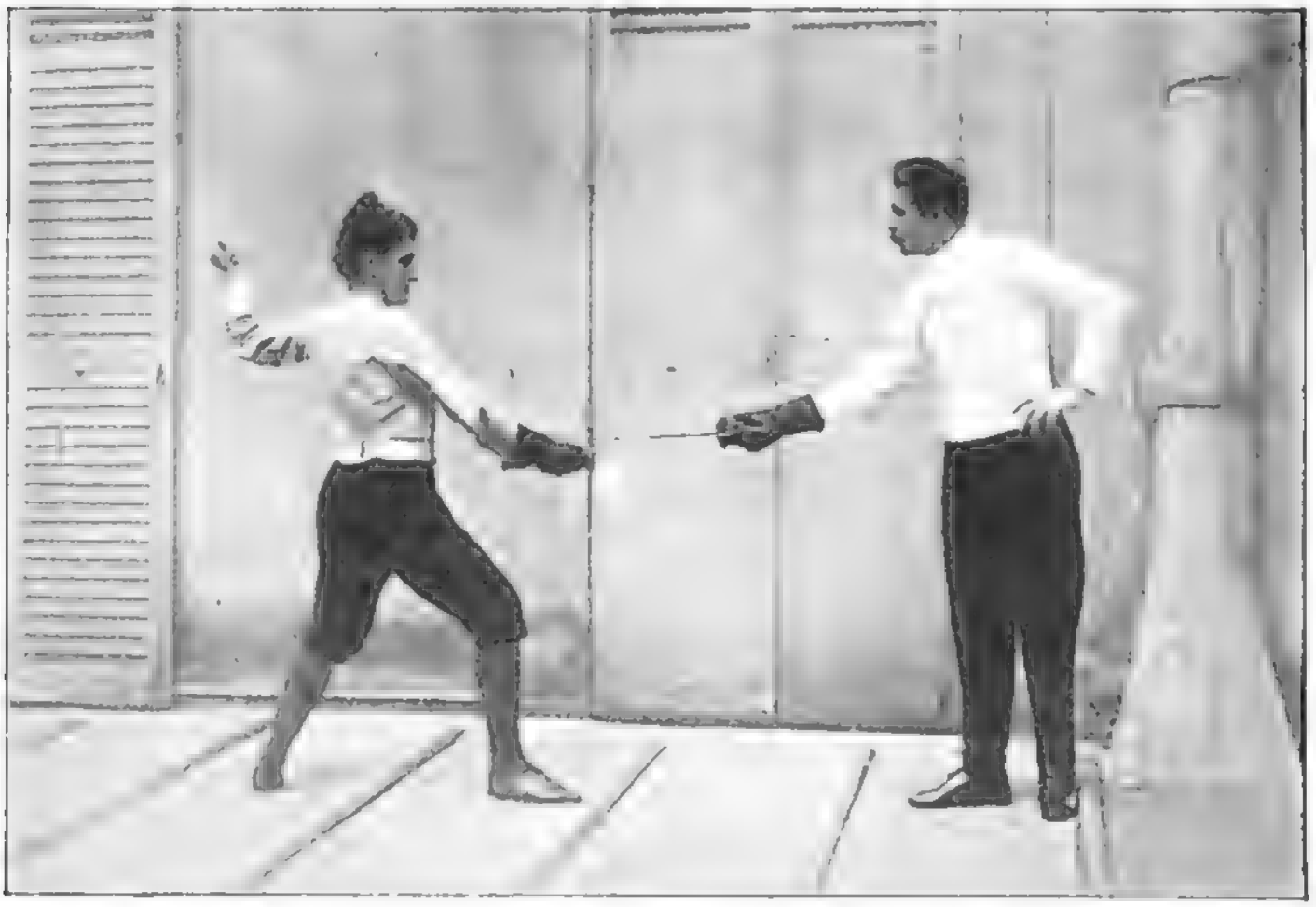
Fencing has for some years been very popular with the French woman of leisure. Most of the *salles d'armes* have classes for women, and an immense impetus was given to this healthy exercise by a well-known Parisian physician, who is reported to have said, "If women would but fence for twenty minutes a day, there would be no need of either doctors or medicine for them." The discovery, too, that fencing developed the figure evenly and gracefully caused many to "take up" the foils. Now ladies' classes are popular, and if few equal Madame Gabrielle, who recently gave a display of fencing against our lady champion, Miss Toupie Lowther, the average skill of the Parisienne is certainly higher than that of our countrywomen. Not long ago I witnessed an assault by some thirty ladies in the huge *salle d'armes* belonging to a well-known *maitre d'escrime*, situated near the Madeleine. The lithe figures, the rapid *ripostes*, the skill displayed by ninety per cent. at least of those engaged, made a *chic* and graceful picture. The costume worn was very similar to that shown in the photo, only it was smarter, consisting of black heelless shoes, red stockings, tight-fitting black satin knickerbockers, and a loose red silk shirt worn under the usual leather protective jacket. The reason for these fair Parisiennes' efforts was very aptly summed up by one of the instructors. "Does a woman," he said, "wish a well-developed figure? Let her fence. Does she wish a grace of *tenue* (carriage)? Let her fence. Does she wish to avoid the doctor for advice and the chemist for drugs? Let her fence. There is very little," he continued, "that fencing will not do for women who take it up with enthusiasm and pursue it regularly. It combines the excellencies of many forms of exercise, it develops no part of the body in excess of the others." The increasing popularity of the pastime among Parisiennes is undoubted; it is a pity that it is comparatively so seldom practised among English women.

Although a brief sojourn at one or other of the fashionable French or Belgian watering-places to which Parisians and others flock in the months of July and August may lead one to a general impression that the

* Reproduced from "Womanhood," by permission of the proprietress, Miss Ada S. Ballin.

usual type of feminine bather is rather "a water flirt" than a serious swimmer, many French women are expert swimmers, capable of holding their own should a ladies' international championship meeting ever be held. And at many of the quieter seaside resorts of Brittany and Normandy one meets with bold and daring lady swimmers, whose feats would astonish those who only know the smart bathers of Trouville, Dieppe, or Etretat. Paris, with its numerous floating baths and *ecoles de natation*, has for years possessed many advantages and opportunities for women to learn swimming which London so long lacked, and hundreds of women and girls of all classes learn this healthy and useful art there each year. The Seine, too, in its course from Paris to the sea, presents unrivalled enticements to the would-be swimmer; and the villages which are close to its banks could produce many women and girls who are experts. At Courbevoie and other similar places in summer one sees numbers bathing from skiffs and punts, diving and swimming, in perfect enjoyment of this healthy pastime. And from the chateaux on the banks of the river towards Rouen many bathing parties sally forth in the early morning. An hour spent at one of the huge floating baths, such as the *Bains de Solferino*, or at the Thermes Romains Swimming Bath in the Rue Montmartre, will do much to show how great a hold swimming has upon the Parisienne.

The discovery that the more acrobatic types of dances and ballet-dancing in general are good for the figure was no sooner made by the Parisienne than she took to this form of exercise with enthusiasm. *Maitres* and *maitresses de ballet* found it profitable to teach the rudiments of their art to fashionable women and girls ambitious of improving their figures and acquiring grace of limb. Even the eccentric dancers of the *cafes chantant* and *Moulin Rouge* found well-to-



THE FENCING LESSON.

do Parisiennes coming to them to learn the acrobatic dancing which someone or other had asserted was such a healthful if inelegant exercise. At one class I visited nearly a score of women and girls, ranging in age from fifteen to thirty, were engaged in acquiring such arts and feats as *le grand ecart*, *ronds de jambes*, glissades, *battement*, *coupes*, and *entrechats*, dressed in various adaptations of ballet attire. Their teacher, one of the Opera dancers, had the enterprise to add a set or two of the simpler arm movements to the course of instruction she gave her pupils. Of the improvement in the physique of the latter after a couple of months' training there could be no doubt.

Lawn tennis and riding have always been fashionable and well supported amusements, and although France has not, perhaps, produced so many women players of championship class as England and Ireland, there are many brilliant exponents of the game belonging to the different clubs in Paris and the country generally. Riding is less popular than it used to be; cycling first, and then motoring, have dealt the exercise a heavy blow. French women have always made graceful and daring riders, and those who appear in the Bois de Boulogne compare very favourably with those of our own Row.

Cycling has lost little of its popularity with those for whom it has at any time meant more than a mere fashionable craze. From the first French women were sensible and artistic enough to see that the skirt in the usual form was impossible and dangerous, and the general adoption of what we call "rationals" and French women *culotte* did much to popularise the pastime with women. It is true to a certain extent that the more pronounced form of knickerbocker costume which was first worn has given place to a less advanced type, and in some cases to divided skirts; but the latter are so short (seldom coming more than a few inches below the knees) that they do not present any of the objections which may be urged against the usual type of such garments. Much has been said against the adoption of the French *culotte* for cycling in England. It is ugly, it does not look smart, and it is not proper. The average *culotte* costume is not, perhaps, smarter than the average skirt, but the really well-made "rational" French costume compares very favourably both as regards smartness and daintiness with the best of English skirted ones. The ill-made *culotte* is, of course, not less ungainly than the "flopping" usual type of skirt which is too often worn. As to the comparative comfort of the two—more especially when on a long ride—ask anyone who has ridden in both.

Motoring was popular with Parisiennes ere it obtained any great hold upon the affections of their English sisters, and as *chauffeuses* of resource and skill they are still probably in advance. The performance of Madame du Gast in the recent Paris-Madrid race, though not one to be commended, shows how keen a motorist it is possible for the Parisienne to become. Motoring, indeed, is one of the most popular sports with French women at the present time, and numbers are skilled drivers.

Gymnastics are not, perhaps, so popular as with us; fencing rather appears to take their place. But there are a considerable number of gymnasia in Paris where ladies' classes are held, and these are well attended. The uniform usually worn is somewhat smarter and more picturesque than the usual type one finds in English gymnasia. At the one I visited it consisted of semi-tight knickerbockers of black satin, a cardinal silk sash, black stockings, low-heel shoes, and a white silk shirt. The class looked very smart as a whole, and several of the girls were extremely skilful with the clubs, vaulting, and exercises upon the rings and ladders.

Enough will have been said, I think, to show that the Parisienne takes the question of exercise and physical culture as seriously as her London sisters.

FROM time to time I hear and receive statements expressing uncertainty or actual doubt of the truly amateur status of Continental weight-lifters who are supposed to be amateurs. These doubts are not expressed with a view of lowering the character of the persons referred to, but merely for the purpose of trying to safeguard the position of our own amateurs. The feeling in this country with regard to amateurism and professionalism is a very strong one, and seeing the position which the governing bodies of athletic sports in this country have taken up—and justly, too,—it is only right that our athletes should be chary of placing their status in jeopardy. Frankly, the Continental idea of amateurism is different from ours; it is not as strict. M. Maspoli, for instance, is regarded in France as an amateur, although some years ago he competed in Vienna for a money prize, and against professionals. But as two years and more have passed since then, and he has not competed in such manner again, according to French ruling he is now an amateur. Another example I can give—and a very recent one—will bring yet more forcibly to my readers' minds the difference existing between French and English ideas of amateurism. The runner-up in the recent professional weight-lifting competition organised by "L'Auto" in Paris, was, it will be remembered, a Russian athlete named Elisseieff. Now Elisseieff is a member of the St. Petersburg Athletic Club, an amateur organisation, and Elisseieff is recognised as the amateur champion weight-lifter of Russia. Yet competing against professionals in Paris has in no way robbed him of his amateur status, as will be apparent from the annexed translation of a letter addressed to the Director of the Moulin Rouge competitions:—

"SIR,—Elisseieff should now have arrived in Paris; in this matter, I beg to recall to you that I essentially consider that our national champion preserves his amateur status, but I consider equally that he can still compete each day with the professionals.

"We take his expenses in our charge, and if, by good fortune, he win a prize, we desire that it shall be immediately transformed into an *objet d'art*.

"Elisseieff is also absolutely in agreement with us in this matter.

"(Signed) COUNT DE RIBEAUPIERRE
"(President of the Athletic Club of St. Petersburg)."

This—to us—extraordinary arrangement receives the unqualified sanction of the committee of the competitions, and Elisseieff, although he has acted in a manner which would debar any British amateur from competing against him henceforward, still remains, according to Continental ideas, an amateur in every sense of the word. He has emphatically rendered himself ineligible to compete at any British amateur gathering, and no British amateur could compete in

any competition in which he was an entrant without forfeiting his own status. I have dwelt at some length on this matter, as it is one of importance to English sportsmen, and makes perfectly clear the laxity prevailing on the Continent with regard to amateurism.

Weight-lifters—and many others who were obviously not weight-lifters—were provided with a fine entertainment on the 24th, at Mr. Roland Spencer's school in New Bridge Street, and they showed their appreciation and desire to obtain a still nearer view of the proceedings by encroaching on the space reserved for the performers themselves to such an extent that only the intervention of a special Providence prevented one or more of them from realising, in a most forcible manner, what is the actual weight of a one-and-a-half-hundredweight dumb-bell. With the fear in their minds of being hauled up for manslaughter, if one of the ponderous weights they were handling should slip, the gentlemen who were giving the exhibition hardly liked to let themselves fairly go, and many feats were, perforce, omitted; but notwithstanding there was given an exhibition of weight-lifting such as is not seen every day in the week, and many a championship meeting might be visited without better results being provided.

Mr. W. Caswell, the acknowledged 10-st. Amateur Champion—his latest records appear at the end—opened the proceedings with a 160 lbs. bar-bell, lifting it from ground to shoulder, and then pressing it aloft, with one hand. This feat he repeated, using only the thumb and forefinger to grip the shaft of the bell, a feat which requires most exceptional strength in the hand, although there is scarcely need to emphasise this fact with regard to Caswell, as it is doubtless well-known by this time. Mr. Geoffrey Bird then slow-pressed a couple of 90 lb. bells simultaneously, the body being quite erect all the time, not the slightest throwing back of the head being noticeable. He afterwards showed the company the finger lift of the half-hundredweight I spoke about a month or two ago. Caswell, who, in spite of a rest from weight-lifting, appeared to be in fine fettle, then did some juggling with a 56 lb. ring weight, somersaulting it and catching it by the ring, once with no better grip than a little finger. Perhaps with a view towards resting the 10-st. champion before he commenced operations upon a 200 lb. bar-bell, which he proposed jerking, Mr. Spencer himself supported Caswell with one hand and pressed him to arm's length above his head—a feat which invariably receives the appreciation it deserves, as the ordinary man in the street is better able to form an estimate of the strength required to perform it than he is of raising a mass of iron of a similar weight. Whether it helped Caswell or not, he succeeded in jerking the big bar-bell with both hands, and then added a couple of twelve-pounders to the instrument and made another attempt. But the light was defective, the added weights shifted, and one or two spectators were sufficiently close to cause the lifter some slight nervousness, and, although raising the weight, he failed in bringing himself and it into a position which would allow the lift to pass a strict judge.

Slade-Jones showed one of his special feats, the bringing of a couple of 40 lb. bells simultaneously from the sides to arms' length above the head, the arms being carried out sideways and upwards, the knuckles remaining quite square during the lift, which may be described as a direct deltoid pull. To properly appreciate this feat let the ordinary athlete try it for himself with a couple of 28-pounders. G. Bird attempted to push a 284 lb. bar-bell while lying on his back, but the shifting of a couple of weights—a 40 lb. and a 44 lb., added to make the required weight—destroyed all chance of effecting a properly-balanced grip. A hollow dumb-bell, 150 lb. in weight, was then rolled on the scene, and Slade-Jones, lifting it first to his knees, where it rested while he squatted down and shifted his grip, attempted to rise up and push it aloft; he failed to perform it quite satisfactorily, in spite of two or three attempts. Mr. Richards, the amateur weight-lifter and strong man of the Stock Exchange—the stockbroker of mafficking tendencies would undoubtedly choose a less dangerous subject

for his practical joking when that way inclined, than Mr. Richards, particularly if he happens to have seen that gentleman's arm—hurried in, took off his coat, and, lifting a 210 lb. bar-bell with great nonchalance, jerked it three times above his head and retired; then, reappearing suddenly a few minutes afterwards, stretched himself on his back, and pushed the same weight six times to arms' length, winding up by throwing it backwards clear of his head—a trifle more impetus in the jerk would have given one enthusiast in the crowd an excellent imitation of what is the feeling when a steam roller passes over one's feet.

A very difficult feat by Mr. Bird, the pressing, in four distinct stages, of a 160 lb. bar-bell from the shoulder above the head was satisfactorily performed; the jerking of the 210 lb. bar-bell by Caswell, simultaneous handling of a couple of 56's by Slade-Jones, and the pressing of a 13-st. man by Caswell, completed the evening's performance, although subsequently Caswell, after three attempts, succeeded in pressing a 160 lb. bell while on his knees, and Spencer showed a feat as difficult as any, the pulling up to the shoulders with both hands of a 210 lb. bell, previously held in front of the thighs, the arms being at full stretch.

The following authenticated lifts of Mr. Caswell will set at rest the minds of many who are in doubt as to the relative excellence of light-weight lifters:—Left hand, 172 lbs.; right hand, 192 lbs.; bar-bell, 225 lbs.; simultaneous lift with either hand, 100 lbs.; total, 789 lbs. Mr. Caswell is known to many as possessing most remarkable strength of grip and powerful wrists—he is able to hold five billiard cues in a horizontal position by the mere grip of two fingers, while I should not like to say how many years ago it is since I saw him raise to arm's length above his head with one hand two square weights of half a hundredweight each—but his weight-lifting for endurance performances are not known to all. He has lifted a half-hundredweight from the floor above his head with one hand 50 times in 1 min. 28 sec., and 100 times in 4 min. 48 sec., and when but a comparative youngster won a competition of this kind with the greatest ease. That he is well fitted for all feats connected with heavy-weight lifting is shown by his remarkable measurements, which are as under:—

| | |
|---|---|
| Age... ... ... ... | 32 years. |
| Weight ... ... ... | 10 stone |
| Height ... ... ... | 5 ft. 4½ in. |
| Chest (expanded) ... ... | 44 in. |
| Neck... ... ... ... | 16 in. |
| Biceps ... ... ... | 16 in. |
| Fore arm .. ... ... | 13½ in. |
| Wrist ... ... ... | 7 in. |
| Thigh ... ... ... | 22 in. |
| Calf ... ... ... ... | 15 in. |

I hope to be able very shortly to gratify my readers with a photograph of this redoubtable amateur.

## AND EDITORIAL CHAT.

ALTHOUGH I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

The attention of my readers is called to an announcement on page xiv. of advertisements.

All communications relating to Instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

*Admirer (Middlesbrough).*—The measurements are good. If you find three-quarters of an hour not too much, I dare say you are right in continuing. It is certainly enough, taking into consideration your long hours of work.

*Arthur D. Gask.*—Your feats are good, but you should try to bring strength of the left arm up to that of the right.

*R. H. E.*—The increase in so short a time is excellent. The idea regarding collar-bone is nonsense. The cold bath should not be taken too suddenly at this time of year. Better accustom yourself to it by degrees.

*F. F. Bowes.*—I recommend you to go in for a course by post, of which particulars have already been forwarded. The best result is to be obtained by using the developer.

*Tempus Fugit.*—Your remarks apply to most undertakings. The exercises commenced with a specific object should, when found to be doing good in the desired direction, stimulate a desire for their continuance *as a habit*, which, when once established, would make the desire as regular as that for one's breakfast.

*I. I. C.*—(1) Probably. (2) Of the two I give the preference to freshly-made tea.

*S. W. B. (Leadenhall Street).*—(1) Certainly, if he has not already attained the height Nature intends him to reach. (2) Exercise, proper food, and fresh air. (3) It is absolutely necessary for the proper development of the body. (4) It would be absurd to discuss a question so obviously negative. (5) I have not published, nor do I know of any book exclusively upon this subject.

*Joseph Colkin.*—You are doing quite right. Keep the window open, but avoid a draught. Measurements are by no means bad, but are not sufficiently equal. There is no such course as that you ask particulars of.

*G. Wilson.*—Take a course by post.

*Working Man Physical Culturist.*—(1) Undoubtedly physical culture fits one and all. The exercise one gets in working is not the kind to produce systematic development. Surely any man or woman can find the little time required daily to exercise—half an hour is ample. (2) I am glad to say I am able to claim amongst my followers many of the artisan classes.

*Maorilander.*—(1) A course of my treatment. (2) Physical culture will undoubtedly help, by strengthening the nervous system. (3) It is certainly serious, and has serious consequences. No delay should be made in applying proper treatment, and undergoing an operation if necessary. Meanwhile, avoid straining.

*A. Carlile.*—Thanks for letter. Your idea seems practicable, and I will certainly give it my attention.

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*H. E. Cooper.*—Ten charts of exercises, including those for weight-lifting, are out of print. One developer chart, 1s. 6d.; one chest expander chart, 1s. 6d. There are also anthropometrical and anatomical charts. The developer would be the best appliance with which to strengthen your leg muscles.

*Admirer (Northampton).*—Your measurements are not at all bad, the proportion being very fair. You can obtain the anthropometrical chart, price 1s. 6d., from these offices. We cannot arrange the competition you suggest at present. The morning is undoubtedly the best time for exercising.

*Frank R. Callaghan.*—Your measurements for one your height are not good. The chest is poor, and so are the arms, but, judging from the photographs, I think you must have made some mistake in your measurements.

*Ernest G. Gordon.*—It would be most injurious to hold the breath whilst exercising the pectoralis muscles. Deep breathing should help you to eradicate pigeon-chest, but it must depend largely on your age. The standard book on Wrestling is "The Badminton" series.

*T. Jones (Pontypridd).*—Your measurements are good, and show excellent results after three months' training. Continue in the way you are going, and you will soon reach your high ambition. With regard to diet, I should avoid tea, and take Plasmon instead.

*W. Mitchell.*—You have been doing too much cycling. If you have time extend the amount of practice with the expander and developer. I should indulge in walking, as being more likely to bring about the result you desire.

*M. Jacobson.*—So far as can be judged from the photographs to hand, your brother is making excellent progress.

*T. (Campbell).*—I would advise you, now that the cold weather is coming on, to give up the absolutely cold bath after your morning exercises, and instead have it slightly tepid.

*Miner.*—Your work evidently does not agree with you. If at all possible, you should get something which would permit of your inhaling more fresh air. Take judicious exercise with the developer and expander. In fact, I would suggest that, if possible, you take a course of my postal instruction, as that would prevent your taking any exercises which would be directly detrimental to your case.

*D. D. (Perth, W. A.).*—Sea-water bathing is good if taken in moderation, the time occupied varying considerably with the individual. You should be able to stimulate a healthy glow, otherwise your stay in the water has been too long. (1) Once a day is quite sufficient (2) Thanks for good wishes.

*Officer (Madras).*—Your letter is only just to hand. The delay I cannot possibly account for. I am exceedingly obliged for your kind letter and good wishes, and hope at some time in the near future to be able to reproduce some extracts from your measurements, etc., which are excellent.

*F. P. (Kent).*—To reduce your weight you must certainly take a great deal more exercise than you do. A half hour daily with expander and developer would not be too much. A cold bath in the morning of itself can produce but little result without some exercise.

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